

May 1/18

H. Stopes

June 15. 1887.



To make Furniture Varnish

1 Quant of Spirits of Wine
1 Oz of Gum Seedblack
 $\frac{1}{2}$ Oz of Gum mastic
 $\frac{1}{2}$ Oz of Gum Copal.

All to be well pounded in
a Mortar, & mixed with the
spirits of wine

The Wood or Table
to be first very well rub'd
with Emery Paper ^{to make it clean} & then
take about half a Quarter of
a tea spoonful of the above
mixture, & pour it upon a
hard roll of Flannel, place
over it, a Cotton Cloth or Rag

and touch it when
covering the Varnish, with
your Finger dipped in
Cold drawn Linseed Oil
and polish with the
Cloth covering the Flannel

Plate Powder

Prepared Chalk - with
Quick Silver - The Quick-
Silver to be killed - by pound-
ing $\frac{1}{2}$ an Ounce of Quick Silver
with two penneth of Black Tin
 filings

To make Blacking

- $\frac{1}{4}$ lb of Ivory Black
 $\frac{1}{4}$ lb of Coarse Sugar
1 Quart of vinegar or
state Beer
1 Spoonful of Sweet Oil
you may add $\frac{1}{4}$ oz of
vitriol.
-

THE EXPERIENCED ENGLISH HOUSEKEEPER

FOR THE USE AND EASE OF
Ladies, Housekeepers, Cooks, &c.

WRITTEN PURELY FROM PRACTICE;

Being an entire New Collection of the most genteel, yet least expensive Receipts
in every branch of

COOKERY AND CONFECTIONARY, viz.

Roasting	Soups	Tarts	Jellies	Pickling
Boiling	Sauces	Puddings	Potting	Preserving
Stewing	Fricasees	Cheesecake	Candying	Made Wines,
Ragoos	Pies	Custards	Collaring	&c., &c.

TOGETHER WITH

THE ART OF MARKETING,

And a CORRECT LIST of every thing in season in each month
of the year, with

General Directions for the Courses or Removes.

The whole made easy to the meanest capacity, and far more useful to YOUNG
BEGINNERS than any book of the kind ever yet published.

*If in the modern taste you'd learn to cook,
Study the perfect method in my book;
Then the best table you may serve with ease,
And the nicest appetite exactly please.*

BY CATHARINE BROOKS.

to which is added,

THE PHYSICAL DIRECTORY;

Being near two hundred safe and certain Receipts for the cure of most Disorders
incident to the human body.

With a variety of-MADE DISHES.

MANCHESTER:

Printed by A. Swindells, Hanging-bridge.

AND SOLD BY T. THOMAS, AND J. SADLER.

Price Sixteenhence.



To prevent Impositions, Ladies are intreated to observe that all copies of this Book, but such as are signed by the name of the Authoress are spurious, and an Imposition on the Public,

As witness my Hand,

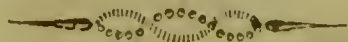
C. B.

COOKERY being one of the most necessary accomplishments required in the fair sex. I think I need no apology for the following sheets : and the more so as I have made it my whole study, which joined to my long practice and experience, makes me flatter myself that the following receipts will not only be found excellent in themselves, but far preferable to any collection, though six times the price : for they are such as will not only save a deal of expence, but much time also ; and will with a very little practice, render the reader, what the title very justly expresses, viz. A COMPLETE ENGLISH COOK, and *Prudent Housewife* : but lest I should be thought vain in relying on my own judgment only, I had the opinion of several professed cooks, and the receipts have met with the approbation of them all.

The PHYSICAL DIRECTORY, which is added at the end of the Cookery, I may with the greatest truth, affirm to be worth double the price of the book, as the receipts are not only safe and cheap, but such as can be very easily procured in any part of GREAT BRITAIN, and are what cannot do the least harm to the constitution, if they chance not to have the desired effect, which I believe will very seldom or never happen. And I trust, as the book is rated at so reduced a price, it will be received according to its merit.

C. B.

The Experienced
ENGLISH HOUSEKEEPER, &c



PLAIN AND EASY INSTRUCTIONS

For Roasting

BUTCHER'S MEAT.

For Roasting in general.

WHEN you want any thing very small or thin, make a pretty little brisk fire, that it may be done quick and nice; but if it is a large joint, let a good fire be laid to cake. Rake it clear out at the bottom; and when your meat is half done, stir up a good brisk fire.

For roasting Beef.

If a sirloin or rump, you must not salt it, but lay it a good way from the fire, baste it once or twice with water and salt, then with butter; flour it, and keep basting it with its own dripping. When the smoak of it draws to the fire, it is near enough done.

If the ribs, sprinkle them with a little salt half an hour before you lay it down; dry and flour it, then butter a piece of paper very thick, and fasten it on the beef, put the buttered side next the meat.

* * Never salt your roast beef before you lay it down to the fire (except the ribs) for that will draw out the gravy.

When you keep it a few days before you dress

it, dry it well with a clean cloth, and flour it all over, and hang it up where the air may come to it.

For roasting Lamb or Mutton.

The loin and the saddle of mutton which is the two loins, and chine (which is the two necks) must be done as the beef; but all other joints of lamb or mutton must not be peppered: and just before you take it up, dredge it with a very little flour, because too much takes away all the fine taste of the meat.

* * Always take off the skin of a breast of mutton before you lay it down to the fire.

For roasting Veal.

If the fillet, stuff it with parsley, marjoram and thyme, a sprig of savoury, a small onion a bit of lemon-peel, cut very small, pepper, salt, mace, nutmeg, crumbs of bread, four eggs, and a quarter of a pound of butter, or marrow mixed with a little flour to make it stiff; put half of it into the udder, and the other half into the holes made in the fleshy part.

If a shoulder, make the same sort of stuffing, and baste it with milk till half done; then flour it and baste it with butter.

If a breast, roast it with the caul on till it is enough, and skewer the sweetbread on the back-side of the breast; and when it is near done, take off the caul, baste and dredge with a very little flour. All these are to be sent to table with melted butter, and garnish with sliced lemon.

If a fillet or loin not stuffed, take care to paper the fat that as little as possible may be lost. All joints are to be laid a distance from the fire, till soaked, then nearer the fire. When you lay it

down, baste it with good butter, (except it be the shoulder, and that may be done the same if you like it better) and when it is near enough, baste it again, and dredge it with a little flour.

For roasting a Pig.

Take and wipe it dry with a clean cloth, then take some crumbs of bread, a piece of butter, of each a quarter of a pound; parsley, thyme, sage, sweet marjoram, salt, pepper, and nutmeg, with the yolks of two eggs; mix them together, and sew it up in the belly, and spit it; flour it very thick and lay it to the fire, take care that your fire burn well at both ends, or hang a flat iron in the middle of the grate till it does; continue flouring till you find the crackling hard; then wipe it clean with a cloth wetted in salt and water, and baste it with butter. When the gravy begins to run, put basons in the dripping-pan to receive it. When you think it is enough, take about a quarter of a pound of butter, put it into a coarse clean cloth, and having made a clear brisk fire, rub the pig all over with it, till the cracking is quite crisp, and then take it from the fire. Cut off the head, and cut the pig in two down the back; then take out the spit and having cut the ears off, put one at each end, and also cut the head in two, and place one at each side; and serve it up with some good beef gravy; mix the gravy from the pig, the brains bruised, and a little dried sage shred small: pour all these together in a dish and serve it up.

For roasting Pork.

Observe, if pork is not well done, it is very unwholesome, it being very apt to surfeit.

The best way of roasting the leg is to parboil, then take off the skin and lay it down, baste it with butter; then take a little pepper and salt, a little sage shred fine, a few crumbs of bread, and a little nutmeg: throw these all over it the time it is roasting; then put a little drawn gravy into the dish with the crumbs that drop from it. Some like the knuckle stuffed with sage and onion shred small, with a little pepper and salt, gravy and apple sauce to it; this they call a mock goose.

The spring or hand of pork, if very young, and roasted like a pig, eats very well, otherwise it is best boiled. The best way to dress pork griskins is to roast them; baste them with butter and crumbs of bread, sage, and a little pepper and salt: the usual sauce to these is mustard: but some like them better boiled.

The sparerib should be basted with a little bit of butter, a very little flour, and some sage shred small and served up with apple-sauce.

When you roast a line, take a sharp penknife, and cut the skin across, to make the crackling eat the better. The chine you need not cut at all.

For roasting a Leg of Mutton, with Oysters.

Take a leg that has been two or three days butchered, and stuff it all over with oysters, then roast it; garnish with horse-raddish.

For roasting Mutton, Venison fashion.

Get a fat hind quarter of mutton, and cut the leg like a haunch of venison, then rub it well with salt-petre, and hang it in a moist place for 2 days wiping it two or three times a day with a clean cloth; then put it into a pan, and having boiled a quarter of an ounce of all-spice in a quart of

red wine, pour it boiling hot over your mutton, and cover it close for 2 hours ; then take it out, spit it, lay it to the fire, and constantly baste it with the same liquor and butter. If you have a good quick fire and your mutton not very large it will be ready in an hour and a half. Then take it up, and send it to table with some good gravy in one cup, and sweet sauce in another.

For roasting a Hare.

Lard it, spit it, and while it is roasting, baste it with milk or cream, then serve it with thick claret sauce.

Another way.

Take the liver of a hare, grated bread ; some fat bacon, a shalot, an anchovy, a little winter savory and a little nutmeg : beat all three into a paste, and put them into the belly of the hare : baste the hare with stale beer, and put a little bit of bacon into the pan ; when it is half roasted, baste it with butter.

For sauce take melted butter and a little bit of winter-savory.

Another way.

Make a pudding of grated bread, and the heart and liver parboiled and chopped small, with beef suet and sweet herbs, mixed with marrow, cream, spice, and egg ; then sew up the belly and roast it.

When it is roasted, let your hare be served up with cream, gravy, or claret.

For roasting Rabbits

Put them down to a moderate fire, and baste them with butter, then dredge them with flour. And having melted some good butter, and boil-

ed the livers with a bunch of parsley, chop them small, put half into the butter, and pour it into the dish, and garnish it with the other half.

French sauce for rabbits.

Onions mixed small, fried, and mingled with mustard and pepper.

For roasting a haunch of venison.

First spit it, then take a little wheat flour and water, knead and roll it very thin, tie it over the fat part of the venison with pack thread; if it be a large haunch it will take four hours roasting, and a middling haunch three hours; keep basting all the time you roast it; when you dish it up, put a little gravy in the dish, and sweet sauce in a bason: half an hour before you draw your venison, take off the paste, baste it, and let it be a light brown.

For roasting a tongue or udder.

Parboil your tongue or udder, then stick 10 or 12 cloves in it, and while it is roasting, baste it with butter. When it is ready, take it up, and send it to table with some gravy and sweet sauce.

For roasting a pickled neat's tongue.

First soak it, then boil it till the skin will peel off, and then skin it, and stick it with cloves, about two inches asunder; then put it on the spit and wrap a veal caul over it, and roast it till it is enough; then take off the caul and just froth it up, and serve it in a dish with gravy and some venison and claret sauce in a plate; garnish it with raspings of bread sifted, and lemon sliced.

For roasting calf's liver.

Lard it well with large slices of bacon, fasten

it on the spit, roast it at a gentle fire, and serve it up with good gravy, or melted butter.

To roll a breast of mutton.

First bone the mutton, then make a savory forced meat for it, and wash it over with the batter of eggs, then spread the forced meat on it; roll it in a collar, and bind it with packthread; then roast it; put under it a regalia of cucumbers.

Observe in roasting poultry,

That if your fire is not very quick and clear when you lay your poultry down to roast, it will not eat near so sweet, or look so beautiful to the eye.

For roasting larks.

Let them be trusted handsomely on the back, but neither draw them nor cut off their feet.—Lard them with small lardoons, or else spit them on a wooden skewer, with a small bit of bacon between them; when they are near roasted enough, dredge them with fine salt and fine crumbs of bread. When they are ready rub the dish you design to serve them in with a shalot, and serve them with sauce made of claret, the juice of two or three oranges, and a little shred ginger, set over the fire a little while, and beat up with a piece of butter.

You may use the same sauce with broiled larks, which you must open on the breast, when you lay them on the grid-iron.

For roasting a woodcock.

Truss your woodcock, and draw it under the leg, take out the bitter part, and put in the guts again. Whilst the woodcock is roasting, baste it with butter, set under it an earthen dish with

a slice of toasted bread in it, and let the woodcock drop upon it: your woodcock will take about half an 'hour in roasting, if you have a brisk fire. When you dish it up lay the toast under it, and serve it up with sauce made of gravy and butter, a little lemon, a spoonful or two of red wine, and pour a little over the toast.

For roasting a turkey.

Take half a pound of suet, a little parsley, sweet marjoram, thyme, a sprig of winter savory, a bit of lemon-peel, half a nutmeg grated, a little mace and salt; chop your herbs as small as possible, and mix all together with three eggs, as much grated bread as will make it of a proper substance; then fill the crop of your turkey with it, paper the breast, and lay it down at a good distance from the fire. When the smoak begins to draw to the fire, and it looks plump, baste it again, and dredge it with a little flour. Soon after take it up, and send it to table, with some strong beef gravy; garnish the dish with lemon.

Or you may make the following sauce; take a little white gravy, catchup, a few bread crumbs, and a little whole pepper; let them boil well together; put to them a little flour and a lump of butter, which pour upon the turkey. You may lay round your turkey forced meat balls. Garnish your dish as before.

For roasting a goose.

Chop an onion and sage small, mixed with some pepper, salt, and a bit of butter; and put them into the goose's belly; then spit it, singe it with white paper, dredge it with a little flour, and baste it with its own dripping. When it is enough, (which is known by the legs being ten-

der) take it up, and pour through it some good beef gravy, serve it up in the same dish, and apple sauce in a bason.

A good sauce for teal, mallard, ducks, &c.

Take a quantity of veal gravy, according to the bigness of your dish of wild fowl, seasoned with pepper and salt; squeeze in the juice of 2 oranges, and a little claret. This will serve all sorts of wild fowl.



PLAIN AND EASY INSTRUCTIONS FOR BOILING MEAT, &c.

YOU must put all fresh meat into the water boiling hot, and your salt meat when your water is quite cold, unless you apprehend it is not quite salt enough; for putting it into hot water strikes in the salt.

Lamb, veal, and chickens, boil much whiter in a linen cloth, with a little milk in the water.

Observe that the time sufficient for dressing different joints depends on their size. A leg of mutton, of about seven or eight pounds, will take two hours boiling. A young fowl about half an hour. A middle-sized leg of lamb about an hour and a quarter. A thick piece of beef, of twelve or fourteen pounds, will take about 2 hours and a-half after the water boils, and so in proportion to the thickness and weight of the piece; but all kinds of victuals take somewhat more time in frosty weather. Upon the whole, the best rule to be observed is, to allow a quarter of an hour every pound, when the joint is put into boiling water.

To boil a leg of lamb, with the loin fried about it.

Boil the lamb and lay it in the dish, then pour a little parley and butter over it, and lay your fried lamb round it; cut some asparagus the bigness of pease, boil them green, and lay them round your lamb in spoonfuls, and garnish the dish with crisp parsley.

A leg of lamb boiled with chickens round it.

When your lamb is boiled, pour over it parley and butter, lay your chickens round your lamb, and pour over your chickens a little white fricasee sauce. Garnish your dish with sippets and lemon.

To boil pickled pork.

First wash your pork, then scrape it clean; put it in the pot when the water is cold, and boil it till the rind is tender.

To boil a ham.

Lay one of about sixteen pounds into cold water two hours, then wash it clean, and boil it very slowly the first hour, and brisk an hour and a half more, then take off the rind, and sprinkle it over with some raspings of bread. But some who are very curious will wrap it up in hay before they put it into the copper, in order to make it look red.

To boil a tongue.

Lay a dried tongue in warm water for 5 hours, then lay it three hours in cold water; then take it out and boil it three hours, which will be sufficient. If your tongue be just out of pickle, it must lay three hours in cold water and then boil it till it will peel.

To boil a goose.

Season your goose with pepper and salt for four or five days; then boil it about an hour, and serve it hot with cabbage, carrots, turnips, or cauliflowers, tossed up with butter:

To boil rabbits.

Truss them for boiling, and lard them with bacon, and boil them quick and white. For sauce take boiled liver, and shred it with fat bacon; toss these up together with strong broth, white wine vinegar, nutmeg, mace, and salt; set parsley, minced barberries, and drawn butter. Lay your rabbits in a dish, and pour the sauce all over them. Garnish it with sliced lemon and barberries.

To boil rabbits with sausages.

Take a couple of rabbits, and when almost boiled, put in a pound of sausages, and boil with them; when done enough, dish the rabbits, placing the sausages round the dish with some fried slices of bacon. For sauce, put mustard and melted butter, beat up together in a cup, and serve them hot.

To boil pigeons.

Stuff your pigeons with sweet herbs, chopped bacon, grated bread, butter, spice, and the yolk of an egg; then boil them in strong broth, butter and vinegar, mace and salt; set parsley, minced barberries, and drawn butter; lay your pigeons in the dish, and pour it all over them, garnish with sliced lemon and barberries.

To boil chickens.

Take four or five chickens as you would have your dish in bigness; if they be small ones, scald

them and pluck them, which will make them whither; then draw them and take out the breast bone; wash them, truss them, cut off the heads and necks, tie them in a napkin, and boil them in milk and water and a little salt, about five and twenty minutes. They are better for being killed the night before you use them.

To make sauce for chickens.

Boil the necks, livers, and gizzards, in water, and when they are enough strain off the gravy, and put a spoonful of oyster pickle to it, break the livers small, mix a little gravy, and rub them through a hair sieve with the back of a spoon; then put a spoonful of cream to it, a little lemon-peel grated; thicken it up with butter and flour. Let your sauce be no thicker than cream; pour it upon the chickens. Garnish your dish with sippets and mushrooms, and slices of lemon.

How to boil a turkey.

Draw and truss your turkey, cut off the feet, and cut down the breast bone with a knife; then sew up the skin again: stuff the breast with the following stuffings.

How to make stuffings to a boiled turkey.

Boil a sweet-bread of veal, chop it fine, with a little lemon peel, a handful of bread crumbs, a little beef suet, part of the liver, a spoonful or two of cream, with pepper, salt, nutmeg, and two eggs; mix all together, and stuff your turkey with part of your stuffing, the rest may be boiled or fried to lay round it; dredge it with a little flour, tie it up in a cloth, and boil it with milk and water: if the turkey is young, an hour and a quarter will do it.

How to make sauce to a boiled turkey.

Take a pint of oysters, two or three spoonfuls of cream, a little juice of lemon, a little small white gravy, and salt to your taste, thicken it with flour and butter, then pour over your turkey the fried oysters and the forced meat. Garnish your dish with mushrooms, oysters, and slices of lemon.

How to boil broccoli.

Strip off the little branches till you come to the top one; then take a knife and peel off all the hard outside skin which on the stalks and little branches; wash them, put them in a stew-pan of water with some salt in it; when it boils, and the stalks are tender, it is enough: then send it to table with butter in a cup.

The French eat oil and vinegar with it.

To dress spinage.

Take care to pick and wash it very clean; put it in a sauce-pan that will just hold it, throw a little salt over it, and cover the pan close. Do not put any water in, but shake the pan often. As soon as you find it covered with its own liquor, and is tender, it is done; then squeeze it well between two clean plates, and serve it up with butter in a bason.

How to boil sprouts and cabbage.

All sorts of sprouts and cabbages must be boiled in a great deal of water. Always throw salt into your water before you put in your greens. When your stalks are tender, or fall to the bottom, they are enough; then take them off, before they lose their colour.

How to boil cauliflowers.

Take off all the green parts and cut the flowers

into four quarters, and lay them into water for an hour; then put the cauliflower into some hot boiling milk and water, and be sure to skim the sauce-pan well. When the stalks are tender, take them carefully up and put them into a cullender to drain; then dish them, and serve them with melted butter in a bason.

To boil kidney beans.

String them, then cut them in two, and afterwards across. Lay them in water and salt, and when your pan boils, put in some salt and the beans, when they are tender they are enough; they will be soon done. Take care they don't lose their fine green. Lay them in a plate, and serve them with butter in a cup.

How to boil asparagus.

Scrape all the stalks very carefully till they look white, then cut them all even alike, and tie them in little bundles; then throw them into a stew-pan of boiling water; put in some salt, and let the water keep boiling; and when they are tender, take them up; then make a toast, dip in your asparagus liquor, and lay it in your dish; pour a little butter over the toast, then lay your asparagus on the toast all round your dish with the white bottoms outward. Put your butter in a bason and send it to table.

How to boil artichokes.

Wring off the stalks, and put them into the water, cold, with the tops downwards, that all the dust and sand may boil out. When the water has boiled an hour and a quarter, it will do.

How to keep meat hot.

Set the dish over a pan of boiling water, cover the dish with a deep cover so as not to touch the

meat, and throw a cloth over all, This way will keep your meat hot a long time, and it is better than over roasting and spoiling the meat. The steam of the water keeps the meat hot, and does not draw the gravy out or draw it up, whereas, if you set a dish of meat any time over a chaffing dish of coals, it will dry all the gravy and spoil the meat.

DIRECTIONS FOR

HASHING, STEWING, BAKING, &c.

HASHING.

For hashing a calf's head.

SLIT your calf's head, cleanse and half boil it ; when it is cold, cut it in thin slices, and fry it in a pan of brown butter ; then put it in a stew-pan over the stove, with a pint of gravy, or as much strong broth, a quarter of a pint of claret, as much white wine, and a handful of savory balls ; or 3 shrivelled palates, a pint of oysters, cock's combs, lamb-stones, and sweet breads, boiled, blanced, and sliced, with mushrooms and trussles ; then put your hash into the dish, and the other things, some round and some on it, garnish the dish with sliced lemon.

A plainer way than the last.

After slicing and frying it as above, take some strong gravy, a gill of red wine, a few sweet herbs, a little lemon peel, and some spice ; toss it up with a little butter, and serve it to table.

For hashing beef.

Cut some tender beef into slices, and put them

in a stew pan, well floured, with a slice of butter, over a quick fire, for three minutes, and then add a little water, a bunch of sweet herbs, some lemon peel, an onion, or a little marjoram, with pepper, salt, and a grated nutmeg, cover them close, and let them stew till they are tender, then put in a glass of claret, or strong beer, and strain your sauce; serve it hot, and garnish with lemon sliced and red beet root. This is a very good dish.

How to hash a leg of mutton.

Half roast a leg of mutton, and when it is cold cut it in thin pieces as you would do any other meat for hashing; put it into a stew-pan, with a little water or small gravy, 2 or three spoonfuls of red wine, 2 or 3 shalots, or onions, and two or three spoonfuls of oyster pickle; thicken it up with a little flour, and serve it up, garnish your dish with horse raddish and pickles.

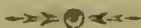
You may do a shoulder of mutton the same way, only boil the blade bone, and let it lie in the middle.

For hashing any part of mutton.

Cut your mutton into small pieces, and then take about half a pint of oysters, and after washing them in water, put them into their own liquor in a sauce pan, with some whole pepper, mace, and a little salt, when they have stewed a little, put in a spoonful of catchup, and an anchovy, or pickled walnut liquor, some gravy or water; then put in your mutton, and a piece of butter rolled in flour; let it boil up till the mutton is warm through, then add a glass of claret; lay it upon sippets, garnished with sliced lemon or capers, and if you please, some mushrooms.

Another way of hashing mutton, or any such meat.

Take a little whole pepper, salt, a few sprigs of sweet herbs, a little anchovy, one shalot, two slices of lemon, and a little broth or water; let it stew a little, and thicken it with burnt butter. Serve it with pickles and sippets.



STEWING.

For stewing a rump of beef.

Take a fat rump of young beef, lard the lower part with fat bacon, cut the fag end, and stuff the other part with shred parsley; put it into your pan, with a quart of red wine, two or three quarts of water, two or three anchovies, a little whole pepper, and a bunch of sweet herbs, an onion, two or three blades of mace; stew it over a slow fire five or six hours, turning it several times in the stewing, and keep it close covered; when your beef is stewed enough, take the gravy from it, thicken part of it with a lump of butter and flour, and put it upon the dish with the beef. Garnish with horse radish and red-root. There must be no salt upon the beef only salt the gravy to your taste.

You may stew part of a brisket, or an ox cheek, the same way.

For stewing beef collops.

Take some raw beef, and cut it in the same manner as you do veal for Scotch collops, lay it in your pan with a little water, put into it some pepper and salt, some marjoram powdered, a gill of white wine, a slice or two of fat bacon, and some floured butter; then put it over a quick fire for a little time, till covered with gravy, and

you may put a little catchup; serve it hot, and garnish with sliced lemon.

For stewing ducks whole.

Draw your ducks, and wash them clean, then put them into a stew-pan, with strong broth, anchovy, lemon peel, whole pepper, an onion, mace, and red wine; when well stewed, put in a piece of butter, and some grated bread to thicken it; lay force meat balls and crisped bacon round them. Garnish with shalots.

For stewing veal.

Take some veal, either roasted, boiled, or raw; cut it into thick slices, with water just to cover them; then put a little mace and nutmeg, a little pepper and salt, a shalot, a little lemon peel, and sweet marjoram; and when they are near stewed enough, put a little mushroom gravy into the liquor, a glass of white wine, a little lemon juice, and let it stew a little longer, then strain off the liquor. You may put some pickled mushrooms in the sauce, and thicken it with cream or butter rolled in flour. Garnish with sliced lemon or orange, and fried oysters.

For stewing pigeons.

Season and stuff the pigeons, flat the breast bone, and truss them as you would do for baking, dredge them over with a little flour, and fry them in butter, turning them round till all sides are brown; then put them into a stew-pan, with as much brown gravy as will cover them, and let them stew till they are done, then take part of the gravy, an anchovy, shred a small onion, or a shalot, a little catchup, and a little juice of lemon for sauce, pour it over your pigeons, and lay

round them forced meat balls, and crisp bacon. Garnish your dish with lemon and crisp parsley.

For stewing a neck, or leg of mutton.

After breaking the bones, put them in a pot with a little mace, salt, and whole pepper, an anchovy, a nutmeg, a turnip, two onions, a little bunch of sweet herbs, a pint of ale, a quart of claret, a quart or two of water, and a hard crust of bread; stop it up, and let it stew five hours, and serve it with toasts and the gravy. You may do an ox cheek in the same manner.

For stewing mutton chops.

Cut them thin, take two earthen pans, put one over the other, lay them between, and burn brown paper under them.

For stewing a pig.

First roast the pig till it be hot, then take off the skin, and cut it in pieces, then put it into a stew-pan, with good gravy and white wine, some pepper, salt, nutmeg, an onion, a little sweet marjoram, a little elder vinegar, some butter; and when it is stewed enough, lay it on sippers, and garnish with sliced lemon.

For stewing rabbits.

Cut them into quarters, then lard them with pretty large lardoons of bacon, fry them, and put them in a stew-pan with strong broth, white wine, pepper, salt, a faggot of sweet herbs, flour, and orange.

•For stewing a carp.

Take half claret and half gravy, as much as will cover your carp in the pan, with mace whole pepper, a few cloves, two anchovies, a little horse radish, a shalot, an onion, and a little salt;

when the carp is enough, take it out, and boil the liquor as fast as possible, till it be just enough to make sauce; flour a bit of butter, and throw it into it; squeeze the juice of one lemon, and pour it over the carp.

For stewing trout.

Wash a large trout, and put it in a pan with white wine and gravy, then take two eggs battered, some salt, pepper, nutmeg, and lemon peel, some grated bread, and a little thyme, mix them all together, and put in the belly of the trout; then let it stew a quarter of an hour, and put a piece of butter into the sauce, serve it hot and garnish with lemon sliced.

For stewing cod.

Cut your cod in thin slices, and lay it at the bottom of your pan, with half a pint of white wine, a pint of gravy, some oysters and liquor, some pepper, salt, and a little nutmeg; let it stew till it is near enough, then thicken it with a piece of butter rolled in flour, and let it stew a little longer, serve it hot, and garnish with lemon sliced.

For stewing oysters.

First wash them clean with water, then set on a little of their own liquor, water, and white wine, a blade of mace, and a little whole pepper; let it boil very well, then put in your oysters, and let it just boil up, then thicken them with the yolks of two eggs, a piece of butter, and a little flour, beat up very well; thicken it and serve it up with sippets and lemons.

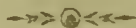
For stewing pike.

Scale and clean a large pike, season it in the belly with a little salt and mace; skewer it round,

put it into a deep stew-pan, with a pint of small gravy, a pint of red wine, and two or three blades of mace; set it over a stove with a slow fire, and cover it up close; when it is stewed enough, take part of the liquor, put to it two anchovies, a little lemon peel shred fine, and thicken the sauce with butter: before you lay the pike on the dish, turn it with the back upwards, take off the skin, and serve it up. Garnish the dish with lemon and pickles.

For stewing tench.

Scale and gut a live tench, and wash the inside with vinegar, then put it in a stew-pan when the water boil, with some salt, a bunch of sweet herbs, some lemon-peel, and whole pepper, cover it up close, and boil it quick till enough, then strain off some of the liquor, and put to it some white wine, some walnut liquor, or mushroom gravy, an anchovy, or some oysters or shrimps, boil these together, and toss them up with thick butter rolled in flour, adding a little lemon juice. Garnish with lemon and horse radish, and serve it hot with sippets.



BAKING.

For baking herrings.

Put fifty herrings into a pan, cover them with two parts water and 1 part vinegar, with a good deal of all-spice, some cloves, a bunch of sweet herbs, a few bay-leaves, and two large onions; tie them down close, and bake them; when they come out of the oven, heat a pint of red wine scalding hot, and put to them, then tie them down again, and let them stand four or five days before

you open them, and they will be very fine and firm.

How to bake Gingerbread.

Take half a pound of brown sugar, a pound and a half of treacle, two eggs beaten; one ounce of ginger beaten and sifted; of mace, cloves, and nutmeg, all together half an ounce, beaten very fine; coriander seeds, and carraway seeds, of each, half an ounce; two pounds of butter melted: mix all these together, with as much flour as will knead it into a very stiff paste; then roll it out, and cut into what form you please; bake it in a quick oven on tin plates; a little time will bake it.

To bake beef the French way.

First bone, and then take away the skin and sinews, then lard it with fat bacon, season your beef with cloves, salt, and pepper, then tie it up tight with pack thread, and put in an earthen pan, some whole pepper, an onion stuck with ten cloves, put at top a bunch of sweet herbs, two or three bay leaves, a quarter of a pound of butter, half a pint of claret, or white wine vinegar; cover it close, bake it four or five hours, serve it hot with its own liquor, or serve it cold in slices, to be eat with mustard and vinegar.

How to bake a calf's head.

First clean it, then halve it, and beat the yolks of three eggs, and rub it over with a feather on the outside; then take some grated bread, some pepper, salt, and nutmeg, lemon-peel grated, with some sage cut small; then strew this mixture over the outside of the head, and lay it on an earthen dish, and cover the head with some bits of butter; put a little water in the dish, and bake

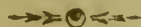
it in a quick oven; and when you serve it, pour over it some strong gravy, with the brains first boiled and mixed in it. Garnish with lemon.

* * * If you don't like brains in the gravy, put them in a plate with your tongue.



FOR MAKING

FRICASSEES, BROILING, AND FRYING.



FRICASSEES.

How to make a fricassee of chickens.

FIRST half boil your chickens, take them up, then cut them in pieces, and put them in a frying-pan, and fry them in butter, then take them out of the pan, clean it, and put in some white wine, some strong broth, some grated nutmeg, a little pepper and salt, a bunch of sweet herbs, and a shalot or two; let these with two or three anchovies, stew on a slow fire, and boil it up; then beat it up with butter and eggs till it is thick, and put your chickens in, and toss them up together; lay sippets in the dish and serve it with sliced lemon and fried parsley.

How to make a brown fricassee of chickens.

Skin them first, then cut them in pieces, and fry them in butter or lard; when they are fried, take them out and let them drain, then make force-meat balls and fry them; then take some strong gravy, a shalot or two, a bunch of sweet herbs, a little anchovy liquor, some spice, a glass of claret, some thin lean tripe, cut with a jag-

ging-iron, to imitate cock's combs, thicken your sauce with burnt butter, then put in your chickens and toss them up together. Garnish with fried mushrooms dipped with butter, or parsley fried, or sliced lemon.

For fricasseeing calf's feet white.

Boil the feet as you would do for eating, then take out the bones and cut them in two, put them into a stew-pan with a little white gravy, and a spoonful or two of white wine; take the yolks of two or three eggs, two or three spoonfuls of cream, grate a little nutmeg and salt, with a lump of butter; shake all well together. Garnish with slices of lemon and currants, then serve it up.

To make a brown fricassee of rabbits.

Cut your rabbits into small pieces, then fry them in butter over a quick fire; when they are fried, take them out of the butter, and heat them in a stew-pan with a little nutmeg, flour, and butter, then take it up and put a few bread crumbs over it, seasoned with lemon-peel, parsley, thyme, and a little salt and pepper. Garnish with crisp parsley.

To make a white fricassee of rabbits.

Half boil a couple of young rabbits, and when they are cold, cut them in small slices; then put them into a stew-pan with white gravy, a little onion, a small anchovy, shred mace, and lemon-peel; set over a stove, and let it have one boil; then take a little cream, the yolks of two eggs, a lump of butter, shred parsley, and a little juice of lemon, put them all together into a stew-pan, and shake them over the fire till they are as white

as cream ; you must not let it boil, if you do it will cruddle. Garnish your dish with pickles and lemon.

To make force-meat balls.

Take half a pound of suet, as much veal cut fine, and beat them in a marble mortar or wooden bowl ; have a few herbs shred fine, and a little mace dried and cut fine, a little lemon-peel cut very fine, a small nutmeg grated, or half a large one, a little pepper and salt, and the yolks of two eggs ; mix all these well together, then roll them in little round balls, and some in long ones ; roll them in flour, and fry them brown. If they are for white sauce, put a little water on in a sauce-pan, and when the water boils, put them in, and let them boil for a few minutes ; but never fry them for white sauce.

To make a fricassee of lamb.

Cut a hind quarter of lamb into thin slices, season them with savoury spice, sweet herbs, and a shalot, then fry them, and toss them up in strong broth, with wine, oysters, two palates, a little brown butter, force meat balls, and an egg or two to thicken it, or a bit of butter rolled in flour. Garnish with sliced lemon.

To fricassee cold roast beef

First cut your beef into very thin slices, then shred a handful of parsley very small, cut an onion into pieces, and put them together in a stew-pan, with a picee of butter, and a good quantity of strong broth ; season with pepper and salt, and let it stew gently a quarter of an hour ; and beat the yolks of four eggs in some claret, and a spoonful of vinegar, and put it to your meat, stirring

it till it grows thick ; rub your dish with a shalet before you serve it up.

To fricassee ducks.

Quarter them and beat them with the back of your cleaver, dry them well, fry them in sweet butter ; when they are almost fried, put in a handful of onions shred small, and a little thyme, then put in a little claret, some thin slices of bacon, spinage and parsley boiled green, and shred small, break the yolk of three eggs, with a little pepper and grated nutmeg, into a dish, and toss them up with a ladleful of drawn butter : pour this on your ducks, lay your bacon upon them, and serve them hot.

How to fricassee a goose.

Roast your goose, and before it is quite done, cut and scotch it with your knife long ways, and then slash it across ; strew salt and pepper over it, then lay it in your pan, with the skinny side downwards till it takes a gentle heat ; then broil on a gridiron over a gentle fire ; when it is done, baste the upper side with butter, and a little sugar, vinegar and mustard, pour this into a dish with saucidges and lemon, and serve it up.



BROILING.

How to broil sheep or hogs' tongues.

First broil, blanch, and split your tongues, season them with a little pepper and salt, and then dip them in eggs, throw over them a few crumbs of bread, and broil them till they are brown, serve them up with a little gravy and butter.

How to broil chickens.

First slit them down the back, then season them

with pepper and salt, and lay them on a very clear fire at a good distance. Let the inside lay next the fire till it is above half done ; then turn them, take great care the fleshy side don't burn, and let them be of a fine brown ; your sauce should be good gravy with mushrooms, and garnish with lemons and the liver boiled, the gizzards cut, slashed, and broiled with pepper and salt.

How to broil whittings.

Wash them with salt and water, and dry them well and flour them ; rub your grid-iron well with chalk, (for that will keep the fish from sticking) and make it hot, then lay them on, and when they are enough, serve them with oysters and shrimp sauce. Garnish with lemon sliced.

How to broil cod-sounds.

Lay them a few minutes in hot water, take them out and rub them well with salt, after taking off the dirt and skin ; when they look white put them in water, and give them a boil ; take them out, flour, salt, and pepper them, and broil whole ; when they are enough, lay them in your dish, and pour melted butter and mustard over them.

How to broil beef steaks.

Beat your steaks with the back of your knife, put pepper and salt over them, lay them on a grid-iron over a clear fire, set your dish over a chaffing dish of coals, with a little brown gravy ; chop an onion or shalot as small as possible, and put it amongst the gravy ; (if your steaks be not over much done, gravy will come from them,) put it on a dish, and shake it all together. Garnish your dish with shalots and pickles.

FRYING.

How to fry oysters.

Mix a batter of flour, milk, and eggs, then wash your oysters and wipe them dry; then dip them in some crumbs of bread, and a little mace beat fine, and fry them in butter or lard.

To fry veal cutlets.

Cut your veal into slices and lard them with bacon, and season it with sweet marjoram, nutmeg, pepper, salt, and a little grated lemon peel; wash them over with eggs, and strew over them this mixture; then fry in sweet butter, and serve them with lemon sliced and sweet gravy.

Another way of dressing veal cutlets.

Cut a neck of veal into steaks, and fry them in butter. Boil the scrag to strong broth, add two anchovies, two nutmegs, some lemon-peel, penny-royal, and parsley, shred very small; burn a bit of butter, pour in the liquor and the veal cutlets, with a glass of white wine, and toss them all up together. If it be not thick enough, flour a bit of butter and throw it in, lay it in a dish, squeeze an orange, and strew as much salt as will relish,

To fry mutton steaks.

Chop off the rump end of the loin, then cut the rest into steaks, and flat them with a cleaver or rolling-pin, season them with a little pepper and salt, and fry them in butter over a quick fire: as you fry them, put them into an earthen pot till you have fried them all; then pour the fat out of the pan, put in a little gravy, and the gravy that comes from the steaks, with a spoonful of red

wine, an anchovy, an onion, a shalot shred ; shake up the steaks in the gravy, and thicken it with butter rolled in flour. Garnish with horse radish and shalots.

Another way of dressing mutton cutlets.

First take a handful of grated bread, a little thyme, parsley, and lemon peel shred very small with some salt, pepper, and nutmeg : then cut a loin of mutton into steaks, and then let it be well beaten ; take the yolks of two eggs and rub all over the steaks. Stew on the grated bread with these ingredients mixed together and fry them. Make your sauce of gravy, with a spoonful or two of claret, and a little anchovy.

To fry beef steaks with oysters.

Pepper some tender beef steaks to your mind, but don't salt them, for that will make them hard ; turn them often till they are enough, which you will know by their feeling firm, then salt them to your mind. For sauce, take oysters with their liquor, and wash them in salt and water ; let the oyster liquor stand to settle, then pour off to clear, stew them gently in it, with a little nutmeg and mace, some whole pepper, a clove or two, and take care you don't stew them much, for that will make them hard ; when they are almost enough, add a little white wine, and a piece of butter rolled in flour to thicken it. Some choose to put an anchovy or mushroom catchup in the sauce, which makes it very rich.

To make white scotch collops..

Cut about four pounds off a fillet of veal in thin pieces, then take a clean stew-pan, butter it over, and shake a little flour over it ; then lay your meat

in piece by piece, till all your pan is covered ; then take two or three blades of mace, and a little nutmeg, set your stew pan over the fire, toss it up together till all your meat be white, then take half a pint of strong veal broth, which must be ready made, a quarter of a pint of cream, and the yolks of two eggs, mix all these together, put it to your meat, keep it tossing all the time till they just boil up ; when they are enough, squeeze in a little lemon. You may add oysters and mushrooms to make it rich.

Frying calves' feet in butter.

Blanch the feet, boil them as you would do for eating, take out the large bones and cut them in two, beat a spoonful of wheat flour and 4 eggs together, put to it a little nutmeg, pepper and salt, dip in your calves' feet, and dry them in butter, a light brown, and lay them upon a dish with a little melted butter over them. Garnish with slices of lemon, and serve them up.

For making apple fritters.

Take the whites of three eggs and the yolks of six well beat together, and put to them a pint of milk or cream ; then put to it four or five spoonfuls of flour, a glass of brandy, half a nutmeg grated, and a little ginger and salt ; your butter must be pretty thick ; then slice your apples in rounds, and dipping each round in butter, fry them in good lard over a quick fire.

For making fine pancakes.

Take a pint of milk or cream, eight eggs, a nutmeg grated, a little salt ; then melt a pound of butter, and a little sack, before you stir it ; it must be as thick with flour as ordinary batter, and

fried with lard ; turn it on the back side of a plate. Garnish with orange, and strew sugar over them.

For making apple tansey.

Cut three or four pippins into thin slices, and fry them in good butter, then beat four eggs with six spoonfuls of cream, a little rose water, sugar and nutmeg, stir them together, and pour it over the apples ; let it fry a little, and turn with a pie-plate. Garnish with lemon and sugar strewed over it.

For making a gooseberry tansey.

Fry a quart of gooseberries till tender in fresh butter, mash them ; then beat seven or eight eggs, four or five whites, a pound of sugar, 3 spoonfuls of sack, as much cream, a penny loaf grated, and three spoonfuls of flour : mix all these together, and put the gooseberries out of the pan to them, and stir all well together, and put them into a sauce-pan to thicken, then put fresh butter into the frying pan, fry them brown, and strew sugar on the top.

For making a water tansey.

Take a dozen eggs, and eight or nine of the whites, beat them very well, and grate a penny loaf, and put in a quarter of a pound of melted butter, and a pint of the juice of spinage, sweeten it to your taste.

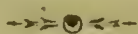
For making an apple froise.

Cut your apples into thick slices, then fry them of a light brown ; take them up, lay them to drain, and keep them from breaking ; then make the following batter ; take five eggs, put three whites, beat them with flour and cream, and a little sack, make it the thickness of a pancake

batter, pour in a little melted butter, nutmeg and a little sugar ; melt your butter, and pour batter, and lay a slice of apple here and there, pour more batter on them, fry them of a fine light brown, then take them up, and strew double refined sugar over them.

DIRECTIONS

FOR MAKING PIES AND TARTS.



PIES.

For making mince pies.

PARBOIL about a pound of tender lean beef, add to it a pound of fine suet, two fine large pip-pins, a quarter of a pound of raisins of the sun, chop them all small together, and sweeten it with Lisbon sugar ; then put in a pound of currants well picked and dried, some all-spice, a little salt, a little lemon juice, some angelica and candied orange-peel ; mix them all well together, and moisten it with a little sack or brandy, which you like best, and it may keep a month if you choose to lay any part of it by.

For making a venison pasty.

First bone a haunch side of venison, then cut it square, season it with salt and pepper, make it up into paste ; a peck of flour for a buck pasty and three quarters for a doe ; two pound of beef suet at the bottom of your buck pasty, and a pound and a half for a doe. A lamb pasty is seasoned in the same manner as a doe.

For making a goose pie.

Make the walls of your goose pie that your crust be big enough to hold the goose; first have a pickled dried tongue boiled tender enough to peel, cut off the root, bone the goose, and a large fowl; take half a quarter of an ounce of mace beat fine, three tea-spoonfuls of salt, a tea-spoonful of beaten pepper, and mix all together; season both fowl and goose with it, then put the fowl into the goose, and the tongue into the fowl, and lay the goose in the same form as if whole. Put half a pound of butter on the top, and lay on the lid. This pie is excellent either hot or cold, and may be kept a great while. A slice of this pie makes a pretty little side dish for supper.

For making a green goose pie.

Take two fat green geese, bone them, then season them pretty high with pepper, salt, nutmeg, and cloves; and you may if you like it, add a couple of whole onions in the seasoning, lay them one to another, and fill the sides, then cover them with a batter and bake them.

A savoury chicken pie.

Season six small chickens with mace, pepper, and salt, both inside and out; then take three or four veal sweet breads, seasoned with the same, and lay round them a few forced meat balls, put in a little water and butter, and bake it; then a little sweet white gravy, not very strong, shred a few oysters, and a little lemon-peel; squeeze in a little lemon-juice, not to make it too sour; if you have no oysters, take the whitest of your sweet-breads, boil them, cut them small, and put them into your gravy, thicken it with a bit of butter and flour: when you open your pie, if there be

any fat, skim it off, and pour the above sauce over the chicken's breast ; so serve it up without any lid.

For making a Scotch collop pie.

Cut a fillet of veal into thin slices, season with pepper, cloves, mace, nutmeg, and salt, cut an onion and lay it in the bottom, then lay a row of collops and slices of bacon, and some yolks of hard eggs ; take some savory, sweet marjoram, and parsley shred, strew them betwixt every row of meat, till you have laid all your collops in, then put a little water into the bottom of your pie, and some pieces of butter over your meat ; you may put in some pickled mushrooms, oysters, and sliced lemon....When your pie is baked, take off the lid, and pour away the fat, then pour in some good mutton gravy with butter drawn thick.

For making an eel pie.

Skin and clean your eels, season them with a little nutmeg, pepper and salt, cut them in long pieces ; you must make your pie with good butter paste, let it be oval, with a thin crust ; lay in your eels lengthway, putting over them a little fresh butter, then bake them.

A mutton pie.

Pepper and salt your mutton stakes, fill the pie then lay on butter, pour in some thin gravy and close it. When it is baked, skim the fat off the pie, toss up a handful of choiced capers, oysters, and cucumbers in gravy, an anchovy and drawn butter, and pour them in.

A savoury lamb-pie

First season the lamb with pepper, salt, cloves,

mace, and nutmeg, then put it into your crust, with a few sweet-breads, and lamb-stones, seasoned as your lamb, with some large oysters, and savoury force-meat balls, hard yolks of eggs, and pour in a little thick gravy; then put butter all over the pie, and lid it, and set it in a quick oven an hour and a half, then make a layer with oyster liquor, as much gravy, little claret, with one anchovy in it, and a grated nutmeg. Let these have a boil, thicken it with the yolks of two or three eggs, and when the pie is drawn, put it in.

For making a potato pie.

First make your crust, then put a layer of butter in the bottom, then boil your potatoes tender, put them in, and lay upon them, marrow, yolks of hard eggs, orange, lemon, and blanched almonds, whole spice, dates, pistachios, and citron-peel candied; then put a layer of butter over all, close up your pie, bake it, and when it comes out of the oven, cut up the lid and pour in melted butter, wine, sugar, and the yolks of eggs.

For making a pigeon pie.

Truss and lard your pigeons with bacon, season them with pepper, salt, and nutmeg, stuff them with force-meat balls, lay on sweet breads, lamb-stones, and butter, and close the pie; then pour in a liquor made of claret, oyster liquor, gravy, two anchovies, a faggot of sweet herbs, and an onion, and thicken it with brown butter. This liquor will serve for several sorts of meats, and fowl pies.

For making an oyster pie.

First parboil a quart of large oysters in their own liquor, then mince them small, and pound

them in a mortar with marrow, pistachio nuts, sweet herbs, an onion, savory spice, and a little bread, season them in the same manner, whole, lay on butter, and close the pie.

For making a herring pie.

Take some pickled herrings, soak them well in fresh water, take off the skins whole, mince your flesh with roes ; put some grated crumbs of bread, seven or eight dates, rose water, a little sack with saffron or sugar, make of these a pretty stiff paste ; then fill the skins of your herrings with this farce ; lay butter in the bottom of your dish, lay in your herrings and dates with them, and on the top of them lay gooseberries, currants, and butter ; then close it up, bake it, and when done, liquor it with vinegar, batter, and sugar.

For making a rabbit pie.

First cut rabbits into pieces, fry them in lard, with a little flour, season them with salt petre, nutmeg, sweet herbs, adding a little broth ; when they are cold, put them in your pie, adding morels, truffles, and pounded lard ; lay on the lid, set it in the oven, and let it stand for an hour and a half ; when it is about half baked, pour in the sauce in which your rabbits were fried, and just before you serve them up to table, squeeze in some Seville orange.

For making another.

Parboil a couple of rabbits, bone, lard, and season them with pepper, salt, nutmeg, cloves, and mace, and winter savoury ; put them in your pie, with a good many force-meat balls, laying a pound of butter on the top, close it up, bake it, and when it is cold, fill it up with clarified butter.

To make a young rook pie.

Cut young rooks, flee and parboil them, and put a crust at the bottom of your dish with a great deal of butter, and force-meat balls; then season the rooks with salt, pepper, mace, cloves, nutmeg, and some sweet herbs, and put them into your dish, pour in some of the liquor they were parboiled in, and lid it; when baked, cut it open, and scum off the fat; warm, and pour in the remainder of the liquor they were parboiled in, if you think your pie wants it.

To make a turkey pie.

Bone your turkey, season it with savoury spice, and lay it in your pie, with two capons cut into pieces, in order to fill up the corners. A goose pie may be made in the same manner, with two rabbits to fill up the corners.

To make trout pie.

Clean and scale your trouts, and lard them with pieces of silver eel rolled in spice, sweet herbs, and bay leaves powdered, lay between and on them, the bottom of sliced artichokes, oysters, mushrooms, capers, and sliced lemon, lay on butter and close the pie.

To make a pork pie.

Skin your pork first, then cut it into stakes, and season it pretty well with salt, nutmeg sliced, and beaten pepper; put in some pippins cut into small pieces, as many as you think convenient, and sweeten with sugar to your palate; put in half a pint of white wine; lay butter all over it, close up your pie, and set it in the oven.

A pork pie for eating cold.

Bone your loin of pork, and cut part of it into

collops, take also as many collops of veal of the same size, and beat them both with the back of cleaver; season the pork with salt, pepper, minced sage, and the yolks of hard eggs; season your veal with cloves, mace, nutmeg, and thyme minced, and the yolks of hard eggs; then lay in your dish, a layer of veal and a layer of pork, till you have laid all your meat in; then close up your pie, and lacker it with saffron water and the yolks of eggs. When it is baked and cold, fill it with clarified butter. Remember to let your first and last layer be pork. When baked, set it bye for use.

To make a hare pie.

Cut the hare into pieces, then break the bones, and lay them in the pie; lay on sliced lemon, force meat balls, and butter, and close it with the yolks of hard eggs.

To make a tench pie.

Make your crust, then put on a layer of butter, scattered in grated nutmeg, cinnamon, and mace: then put in six tench, lay over them more butter and spice, and a few new currants; pour in a quarter of a pint of claret, and let the pie be baked well; when it comes out of the oven, put it in melted butter, dust it over with fine sugar, and serve it up.

To make an artichoke pie.

Take twelve artichoke bottoms, and boil them tender; boil also the yolks of twelve eggs hard, then take three ounces of candied orange, lemon and citron-peel, half a pound of raisins stoned, a little grated nutmeg, a blade of mace, and a

quarter of a pound of sugar; then put these into your pie, with half a pound of butter observing to lay the sweet-meats uppermost, and when it comes out of the room, put in half a pint of cream, and as much sack.

To make an apple pie.

First scald about a dozen large apples very tender, then take off the skin, and take the core from them, and put to it twelve eggs, but six whites; beat them very well, and a nutmeg grated, sugar it to your taste, and take the crumbs of a penny loaf grated, and put a quarter of a pound of butter melted; mix all these well together, and bake them in a dish; butter your dish, and take care that your oven is not too hot.

The best ingredients for savoury pies.

The meat, fowl, or fish, balls, spices, lemon, citron, skirrits, currants, raisins, gooseberries, damsons, grapes, and orange-peel candied, Spanish potatoes, and a caudle.

Other ingredients for savoury pies.

The meat, fowl, or fish, savoury spices, shrivelled palates, cocks' combs and stones, lamb stones, bacon, oysters, mushrooms, artichoke bottoms, truffles and a layer.

Paste for a pasty.

Knead up a peck of American flour, with six pounds of butter and four eggs, with cold water.

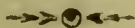
To make a crust for a raised pie.

Boil six pound of butter in a gallon of water, scum it off very clean, and put it directly into a peck of flour; work it well into a paste, then

pull it in pieces till it is cold, and make it up in what form you please. This will do for a goose pie.

A fine paste for petty pans.

Work up a pound of flour with eight ounces of butter, two ounces of fine flour and eggs.



OF TARTS.

To make a gooseberry tart.

Make your crust, then sheet the bottoms of the petty pan, and strew them over with powder sugar; then take the green gooseberries, and lay a layer of gooseberries and a layer of sugar till your tarts are full; close your tarts, and bake them in a quick oven, and they will be very fine and green.

A short paste for tarts.

Rub a pound of wheat flour and twelve ounces of butter together, put three spoonfuls of loaf sugar to it, beat and sifted; the yolks of four eggs beat very well; put to them a spoonful or two of rose-water, and work them all together into a paste; then roll them thin, and ice them over, and bake them in a slow oven.

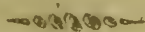
A cherry tart.

Take two pounds of cherries, bruise, stone, and stamp them, and boil up the juice with sugar; then stone four pound more of cherries, and put them into your tarts with the cherry syrrup; bake your tart, ice it, and serve it up.

THE BEST RULES

TO BE

OBSERVED IN MAKING PUDDINGS.



PUDDINGS.

To make a very fine pudding.

TAKE a pint of boiled cream, put into it a little nutmeg and mace ; then take the crumbs of two French rolls and put them into the cream ; then take the yolks of six eggs, and about twenty almonds beaten very small, and half a pound of marrow ; mingle all these well together, and season it with a little sugar and salt, and send it to the oven.

A very good plumb pudding, and not expensive.

Take a quart of milk, twelve ounces of currants, the like quantity of raisins of the sun, stoned, a pound and a half of suet chopped small, eight eggs, and four whites, half a nutmeg grated, a little beaten ginger, a spoonful of brandy, a few sweet-mates, and mix it up very stiff with fine flour. You may bake it or boil it. Take care the oven be not over hot.

Bread pudding.

Put a quarter of a pound of butter into a pint of cream, set it over the fire and keep it stirring ; the butter being melted, put in as much grated bread as will make it pretty light, some grated nutmeg, a little sugar, three or four eggs, a little salt ; mix all well together, butter the dish, pour it in, and bake it half an hour.

A light pudding.

Put some cinnamon, mace, and nutmeg into a pint of cream, and boil it; when it is boiled, take out the spice, then take yolks of eight eggs, and four of the whites, beat them well with some sack, then mix them with your cream, with a little salt and sugar, and take a halfpenny white loaf, and a spoonful of flour, and put in a little rose water; beat all these well together and wet a thick cloth, and flour it; put your pudding into it, and tie it up, and when the pot boils, it must boil an hour. Melt butter, sack, and sugar, and pour over it.

A rice pudding.

Take half a pound of ground rice, set it on the fire with three pints of new milk; boil it well, and when it is almost cold, put to it eight eggs, well beaten, with only half of the whites, with half a pound of butter, and as much sugar; put in some nutmeg or mace, It will take half an hour to bake it.

A batter pudding.

Take six eggs, about a pint of milk, and four spoonfuls of flour, a little salt and half a grated nutmeg; you must take care your pudding is not too thick, flour your cloth well. Three quarters will boil it. Serve it with butter, sauce, and sack.

A potato pudding.

Boil four large potatoes as you would do for eating, beat them with a little rose water and a glass of sack in a marble mortar; put to them half a pound of melted butter, as many currants well cleaned, a little shred lemon-peel and candied orange, mix all together, bake it, and serve it.

Excellent black pudding.

Take a quart of hog's blood, a quart of cream, ten eggs beaten well together, stir them very well and thicken them with oatmeal finely beaten, grated bread, beef suet finely shred, and marrow in little lumps; season it with a little nutmeg, cloves and mace, mixed with salt, a little sweet marjoram, lemons, penny-royal, and thyme shred, and mixed well together, fill the guts, being well cleaned, and boil them carefully.

Marrow pudding.

First boil a pint of cream and the marrow of the bones, except a few bits to lay at the top, then slice a penny white loaf into it, when it is cold, put into it half a pound of blanched almonds beaten very fine, with two spoonfuls of rose water, the yolks of six eggs, a glass of sack, a little salt, six ounces of candied lemon and citron sliced thin; mix all together, then put it into a buttered dish, dust on fine sugar, then lay on the bits of marrow, you may add half a pound of currants.

 OF MAKING

 CAKES, CHEESECAKES, and CUSTARDS.

OF CAKES.

To make a pound cake.

TAKE a pound of butter, beat it in an earthen pan with your hand one way, till it is like fine thick cream, then have ready twelve eggs, but six whites, and beat them up with the butter, a pound of flour beat in it, as much sugar,

a few carraways; beat it all well together for about an hour with your hand, or a great wooden spoon, butter a pan and put it in, then bake it an hour in a quick oven. Some like a pound of currants in it.

Plumb cake

Take half a peck of flour, half a pint of rose-water, a pint of cream, a pint of ale yeast, boil it, then a pound and a half of butter, six eggs, without the whites, four pounds of currants, a pound of sugar, one nutmeg, and a little salt, work it very well, and let it stand an hour by the fire, and then work it again, and make it up, and let it stand an hour and a half in the oven. Take care that the oven be not too hot.

To make an excellent fine plumb cake.

Take a quarter of a peck of the best flour, dry it before the fire; wash and pick clean three pounds of currants, set them before a fire to dry; half a pound of blanched almonds, beat very fine with rose water, half a pound of raisins of the sun, washed, stoned, and shred small, a pound of butter melted with half a quart of cream, but it must not be used hot, a gill of ale yeast, a penny-worth of saffron soaked in a pint of sack ten or twelve eggs, half the whites, a quarter of an ounce of cloves, and mace, one large nutmeg grated, a few carraway seeds, candied orange, citron and lemon-peel sliced; you must make it thin, for there must be no more butter and cream; you may perfume it with ambergris tied in a muslin bag and steeped in the sack all night. If you ice it, take half a pound of double refined sugar sifted, then put in some of the sugar, and

beat it with a whisk, with a little orange flower water, but do not over wet it; then strew in all the sugar by degrees, then beat it all near an hour; the cake will take so long baking; then draw it, and wash it over with a brush, and put it in again for a quarter of an hour.

Good seed cake.

Take two pounds of butter beaten to a cream, a quarter of a peck of flour, a pound and three quarters of fine sugar, three ounces of candied orange peel and citron, one ounce of carraway-seeds, ten eggs, but only five whites, a little rose-water, a few cloves, mace, and nutmeg, a little yeast, and half a pint of cream, then bake it in a hoop, and butter your paper; when it is baked, set it in again to harden.

To make a light seed-cake.

Take half a quartern of flour, a little nutmeg and ginger, three eggs well beat, three spoonful of ale yeast, half a pound of butter, and six ounces of smooth carraway-seeds, and work it warm together with your hand.

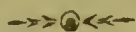
A cheap seed-cake.

Put a pound and a half of butter into a saucepan, with a pint of new milk, set it on the fire; take a pound of butter, half a pound of all-spice beat fine, and mix them with half a peck of flour. When the butter is melted, pour it and milk into the middle of the flour, and work it up like paste; pour in with the milk half a pint of good ale yeast, and set it before the fire to rise, just before it goes to the oven. You may either put in some carraway-seeds or currants, and bake it in a quick oven.

If you make it in two cakes, they will take an hour and a half boiling.

Mackeroons.

Take a pound of almonds, let them be scalded, blanched, and thrown into cold water, then dry them with a cloth, and pound them in a mortar, moisten them with orange flower water, or the white of an egg, lest they turn to oil; afterwards take an equal quantity of fine powdered sugar, with three or four whites of eggs, and a little musk, beat all well together, and shape them round with wafer paper on a spoon. Bake them in a gentle oven on tin.



CHEESECAKES.

For making rice cheesecakes.

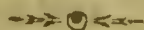
Boil two quarts of cream or milk a little while, with a little whole mace and cinnamon, then take it off the fire, take out the spice, and put in half a pound of rice flour, and put it on the fire again to boil, stirring it together, then take it off, and beat the yolks of twenty-four eggs, set it on the fire again and keep it continually stirring, till it is as thick as curds; add half a pound of blanched almonds pounded, and sweeten it to your palate, or if you chuse it, you may put in half a pound of currants, well picked and rubbed in a clean cloth.

Lemon cheesecakes.

Take two large lemon peels, boil and pound them well together in a mortar; with about six ounces of loaf sugar, and the yolks of six eggs,

mix all well together, and then fill the petty-pans about half full.

Orange cheesecakes you may do the same way, but be very careful to boil the peel in two or three waters to get out the bitterness.



CUSTARDS.

An excellent paste for custards.

Take one pound of flour, twelve ounces of butter, the yolks of four eggs, six spoonfuls of cream, mix them well together, and let them stand twenty minutes, then work it up and down, and roll it very thin.

To make a custard.

Boil a quart of cream or milk, with a stick of cinnamon, a large mace, and a quartered nutmeg; when half cold, mix it with the yolks of eight eggs and four whites, well beat, some sack, sugar, and orange-flower water. Set it on the fire, and stir it till a white froth rises, skim that off, then strain it and fill your crusts, which should be first dried in the oven, and which you must prick with a needle before you dry them, to prevent their rising in blisters. Or you may put it in the cups without the paste.

Another.

Boil a quart of cream, with a blade of mace, beat ten eggs, but half the whites, take the mace out, and when almost cold, beat in the eggs with one spoonful of orange-flower water, sweeten to your taste, and put it in your custard cups, and let them just boil up in the oven, and if you boil

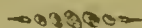
the eggs in the cream all together, then you may put it in your custard cups over night, and they will be fit for use.

To make a cream custard.

Grate the crumbs of a penny loaf very fine, and mix it with a good piece of butter, and a quart of cream, beat the yolks of twelve eggs with cream; sweeten them with sugar, and let them thicken over the fire, make your custard shallow, bake them in a gentle oven; and when they are baked, strew fine sugar over them.

For making a rice custard.

First boil a quart of cream with a blade of mace, then put to it boiled ground rice well beaten with your cream, put them all together, and stir them well all the time it boils, and when it is enough, take it off, and sweeten it as you like, put a little rose water and serve it cold.



OF COLLARING.

Collaring beef.

TAKE a thick flank of beef slit it through the middle, salt it with a quarter of a pound of salt petre, and a quart of white salt; let it lie six days, then season it with an ounce of pepper, half an ounce of cloves and mace, a little thyme, and lemon-peel finely shred, roll it up tight, bind it hard with tape, and cover it with pump-water, and then bake it in a pan with household bread. When it comes out of the oven, roll it tight in a cloth, and tie it at both ends; when it is cold,

take off the cloth and tape, and keep it in a cool place.

For collaring a breast of veal.

Take a breast of veal and bone it, lay all over the inside thin slices of bacon, season it with pepper, salt and spice, a little thyme, lemon-peel, and sage, roll it up into a collar and bind it tight with tape, boil it with white wine vinegar and water, of each a like quantity; add a little salt, and some whole cloves and mace, with a bunch of sweet herbs, and a slice or two of lemon; let it boil two hours, keep it in liquor you boil it in, and serve it in slices with oil and lemon.

For collaring pork.

Take a belly piece of pork, bone it, and season it high with pepper, salt, and spice, and a good handful of sage shred, roll tight as before directed, boil it five hours in the same pickle as for the veal before. Serve it with mustard and sugar.

For collaring mutton.

Take a large breast of mutton, bone it, season it with pepper, salt, spice, thyme, and lemon-peel shred fine; roll it up tight and bind it with tape; boil it two hours in water and salt, with some whole spice and pepper, and a bunch of sweet herbs. Serve in slices with pickles.

For collaring eels.

Take a large eel, and slit it down the back, take out the bone, season it high with pepper, salt, spice, and a little thyme shred fine. Roll it up into a collar; put cloth about it and bind it with tape, boil it an hour in white wine and vinegar, of each a like quantity, with whole pepper

and spice, a bunch of sweet herbs, and a slice or two of lemon, with a little salt. When it is cold, take off the tape and the cloth, and keep it in the pickle you boil it in. Serve it in slices, with oil and lemon, and some of the pickle.

For collaring a pig.

Take a large pig, cut off the head, slit it down the back, bone it, lay it in water four hours; then dry it well, season it with pepper, salt, spice, and a handful of sage shred small. Roll it into one, put it into a cloth, tie it tight with tape, and boil it three hours in white wine vinegar and water, of each a like quantity, put in a little salt, and a bunch of sweet herbs, whole cloves, mace and pepper, and a slice or two of lemon. When cold, the tape and cloth, keep it in the pickle, serve it in slices, with and some of the pickle.

—3833—

RAGOOS.

To ragoo lamb-stones.

Having got two or three pair of lamb-stones, parboil them, take off the skin, and cut them in four or eight pieces, strew salt over them, and wipe them, flour them, fry them immediately in hot hog's lard, and make them crisp, then dish them and serve them away.

To ragoo a breast of veal.

Lard a breast of veal and half roast it, then pour upon it some gravy, and stew it well with a bunch of sweet herbs, an onion, pepper and salt, cloves and mace; then for the sauce, take some butter and brown it, and shake a little flour into

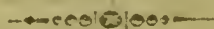
it, take the liquor you stewed your veal in, and boil it well with palates, oysters, mushrooms, forced meat, artichoke bottoms, and herbs, squeeze in a lemon, and after you have strained off your herbs, toss it all up together, and pour it over the veal.

Ragoo of cock's combs, cock's kidneys, and fat livers.

Take a stew-pan, put in some butter, a bunch of sweet herbs, some mushrooms and trustles; put it for a minute over the fire, flour it, moisten it with broth, season with salt and pepper, let it stew a little, then put in the cocks' combs, kidneys, fat livers, and sweet herbs; let your ragoo be palatable, thicken it with the yolks of eggs, serve it for a dainty dish.

For dressing a lamb in ragoo.

Half roast your lamb, then cut it in 4 pieces, and toss it up in a pan to brown, then stew in broth, with salt, pepper, cloves, mushrooms, and herbs, put a cullis of veal and serve it up.



POTTING.

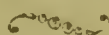
For potting a hare.

Bone your hare, and take away all the skinny part, then put to the flesh some fat bacon and herbs, season with mace, nutmeg, pepper, and salt, then beat all this fine in a mortar, then put it down, and put in a pint of claret and bake it an hour and a half, and when it comes out, pour out all the gravy, and fill it up with clarified butter.

For potting tongues.

Take two tongues, salt them with salt petre, white salt sugar, bake in pump water ; blanch, cut off the roots, season with pepper and spice, put them in a pot, and cover all over with clarified butter.

OF SOUPS, BROTHS, AND GRAVY.



THE best method of boiling broths is over a stove, and let it be uncovered, for the cover being on, causes it to boil black.

To boil broth for soups or gravy.

Chop a leg of beef to pieces, set it on the fire in about four gallons of water, skim it clean, season it with white pepper, a few cloves, and a bunch of sweet herbs, boil it till two thirds are wasted, then season it with salt, let it boil a little longer, then strain it off, and keep it for use.

To make a fine white soup.

Take a leg of beef and a knuckle of veal, and let them boil at least 4 hours, then beat a pound of sweet almonds very fine, and mix them with some of the broth, then serve with the almonds in it, and sippets of fried bread.

Pease soup.

Make two quarts of good broth from beef and pickled pork, take celery, turnip, mint, onion, and all sorts of kitchen herbs, stew them down tender with a piece of butter, rub all these through a sieve ; and one pint of peas being boiled to a pulp, rub them through a sieve, thinning it with

your broth till all is through. Season with pepper and salt, and boil tender some selery and leeks cut small to put in the soup. White peas and green peas are both done this way. Fry some bread to go in it.

Gravy soup.

Cut a pound of mutton, a pound of veal, and a pound of beef into little pieces, put it into seven or eight quarts of water, with an old fowl beat to pieces, an onion, a carrot, some white pepper and salt, a little bunch of herbs, two blades of mace, and three or four cloves, some celery, cabbage, endiff, turnip, and lettuce.—Let it stew over a slow fire till half is wasted, then strain it off for use.

For making calve's head soup.

Stew a calve's head tender, then strain off the liquor, and put into it a bunch of herbs, onion, mace, some pearl barley, pepper, salt, boil all a small time, serve it up with the head in the middle, boned. Garnish with bread toasted brown, and grated round the rim.

Gravy for white sauce.

Cut a pound of veal into small pieces, boil them in about a quart of water, with a blade of mace, an onion, some white pepper, and two cloves, let it boil till it is of proper strength.

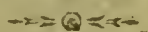
Good gravy for any use.

Take two ounces of butter and burn it in a frying-pan till it is brown, then put in two pounds of lean beef, two quarts of water, and half a pint of wine, red or white, as you would have the colour; put in two or three shalots, half a dozen mushrooms, cloves, mace, whole pepper, and

four or five anchovies, let it stew for an hour over a gentle fire, and strain it off for use.

For making gravy for most things.

If you live where you cannot always have gravy meat, when your meat comes from the butcher, take a piece of beef, a piece of veal, and a piece of mutton, cut them into as small pieces as you can, and take a deep sauce-pan with a cover, lay your beef at the bottom, then your mutton, then a very little slice of bacon, a slice or two of carrot, some cloves, mace, whole pepper, black and white, a large onion cut in slices, a bunch of herbs, and then lay in your veal.... Cover it close, over a slow fire for six or seven minutes, shaking the sauce pan now and then; then shake some flour in, and have ready some boiling water, which pour in till you cover the meat and something more. Cover it close, and let it stew till it is quite rich and good, then season it to your taste with salt, and strain it off.



OF JELLIES.

Currant jelly.

Pick a gallon of ripe currants from the stalks, put them in a pan, and bruise them well with your hands; then strain off the juice, and to every pint, take three quarters of a pound of fine loaf sugar, put them in your preserving pan together, and let them boil till they jelly, which will be in about twenty minutes, then pour it into glasses.

Calves' feet jelly.

Take for calves' feet, clean washed and bon-

ed, put a gallon of water, and four ounces of hartshorn, boil it to a jelly, then run it through a bag, and clarify it with six whites of eggs, add to it a quart of white wine, the juice of five lemons, and six pippins sliced, sweeten it with the best sugar to your taste, so boil it up, and run it thro' your bag into glasses.

Hartshorn jelly.

Take a pound of hartshorn, and put to it three quarts of spring water; put it over a slow fire, and let it boil gently till it comes to a quart, then strain it off, and let it stand till it is cold, then take the gross part off, and put it to the juice of your lemons, and sugar to your taste, and the whites of 4 eggs; boil all these up gently, and run them through your bag into glasses.

* * In all the receipts for making jellies, you may observe that after your jelly has passed thro' the bag, you must put it in the second time, by little and little, and so on till it becomes very fine: and if you find your jelly does not fine readily, you must take the shells of your eggs and beat them small, and boil them up in your jelly, and so run it again through your bag.

To make a jelly of pippins or codlins.

Take six pippins and codlins, pare and slice them in a quart of spring water, boil it till it comes to a pint, strain it, add to the clear a pound of sugar, boil it till it will jelly, skim it clean as it boils; this jelly is proper to put a little on the top of any red or white preserve.



CANDYING.

To candy cherrries, get them before they are

ful ripe, stone them and having boiled your fine sugar to a height, pour it on them, gently moving them, and so let them stand till almost cold, then take them out and dry them by the fire.

To candy barberries and grapes.

Take preserved barberries, wash off the syrup in water, and sift fine sugar on them; and let them be dried in the stove, turning them from time to time till they are dry through. Preserved grapes may also be candied the same way.

To candy orange or lemon-peels.

Having steeped your orange-peels as often as you should judge convenient, in water, to take away the bitterness: then let them be gently dried and candied with syrrop made of sugar.

To candy apricots.

You must slit them on the side of the stone, and put fine sugar on them, then lay them one by one in a dish, and bake them in a pretty hot oven; then take them out of the dish, and dry them on glass plates in an oven for three or four days.

PICKLING AND PRESERVING.

To pickle cucumbers.

Take them fresh gathered, put them into a pan, and pour on them as much boiling hot brine as will cover them. Let them stand close covered twenty-four hours; then take them out and dry them, and put them into the pot you intend to keep them in, with cloves, mace, pepper, some dill and fennel, a little horse-radish, some lemon-peel and a few bay leaves. Pour on this as much boiling hot vinegar as will cover them: do thus three times in three weeks: keep them close stopped, and hot six hours at a time; and if they be

not made green, make your vinegar boil, and put in your cucumbers, let them boil six minutes.

To pickle French beans.

Take them young, before they have any strings, lay them in cold brine six days, and one day in fresh water; then dry and put them in a pot with whole spice, pepper, some ginger, lemon-peel, and a few bay leaves, cover them with boiling vinegar, do them as the small cucumbers.

To pickle mushrooms.

Take them fresh gathered, (the bottoms are best) cut the stalks half off, put them in water and a little salt; let them lie three hours; then rub the tops with a flannel; as you rub them, put them in clean water with a little salt; let them lie four hours; let your water and salt boil, and put in your mushrooms; let them boil eight minutes, then take them out from the boiling liquor, and put them hot in cold water and a little salt; let them lie 24 hours; then dry them and put them into a glass with whole mace, sliced nutmeg, and some bay leaves; then boil as much white wine and vinegar as will cover them; and when it is cold fill up your glass, and put some sweet oil on the top, and tie a bladder over them.

To pickle barberries.

Take them ripe and fresh gathered, put them into a pot you intend to keep them in; boil water and salt together, but not quite so strong as to bear an egg; and when it is cold, fill up your pot.

To pickle small onions.

Peel your onions and throw them into water; then put them into a well tinned sauce-pan, with salt and water, and let them stand till they are cold and well drained; then make a pickle of white wine vinegar, the palest you can get, with

mace, sliced ginger, with pepper corns, and salt to your taste, give it one boil up, and let it stand till it is quite cold; then add to it about two spoonfuls of the best pale flour of mustard; and after you have put your onions into jars, pour pickle upon them.

To pickle beet-roots and turnips

Make your pickle of water, salt, vinegar, and a little cochineal, and boil your beet-roots in it, pare your turnips, and boil them but half as long as the roots, then keep them both in this pickle.

To pickle red cabbage.

Cut off the stalks and outside leaves, and shred it into thin slices; make a pickle of salt, vinegar, cloves, mace, ginger, and grated nutmeg, then boil it, when it is cold, pour it over the cabbage, and it will be fit for use in twelve hours.

You do white cabbage in the same pickle, only it must be poured on scalding two or three times.

For pickling currants.

Take currants, either red or white, before they are ripe; you must not take them from the stalk; make a pickle of salt and water, and a little vinegar, so keep them for use. They are likewise proper for garnishing.

To make catchup for mushrooms

Take a stew-pan full of large flat mushrooms, and the tips of those you wipe for pickling; set them on a slow fire, with a handful of salt, without water: they will make a great deal of liquor, which you must strain, and put a quarter of a shalot, some pepper, ginger, cloves, mace, and a bay-leaf; boil and skim them well, when quite cold, bottle and set them very close.

To preserve cherries, with leaves and stalks green.

Take morel cherries. dip the stalks and leaves

in the best vinegar, boiling hot, stick the sprig upright in a sieve till they are dry ; in the main time boil some double refined sugar to syrup, and dip the cherries, stalks and leaves into the syrup, and just let them scald ; lay them on a sieve, and boil the sugar to a candy height, then dip the cherries, stalks, leaves and all ; then stick the branches in sieves, and dry them as you do other sweet-mates. They are pretty at candle light in a desert

How to preserve currants.

Take red or white currants, the best and largest bunches, before they are ripe ; tie three or four bunches together, then take the weight of fine sugar, dissolve the sugar with a little spring water, boil and skim it clean, then put in the fruit, and boil them gently five minutes, let them cool and boil them as long : do so three times, then take the fruit and put them into pots or, glasses. Boil the syrup till it will drop a pearl without breaking. Put a white paper over your pots or glasses, and tie a parchment over that. Preserve raspberries the same way, but boil them gently.

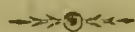
To preserve fruit green all the year.

Gather your fruit when three parts ripe, on a very dry day, when the sun shines on them ; then take earthen pots and put them in, cover the pots with corks, or bung them that no air can get in ; dig a place in the earth a yard deep, set the pots therein, and cover them with the earth very close, and keep them for use. When you take any out, cover them as at first.

How to pickle walnuts.

Make a pickle of salt and water, strong enough to bear an egg, boil it and skim it well, and pour it over your walnut, let them stand twelve days,

changing the pickle at the end of six days ; then pour them into a cullender, and dry them with a coarse cloth ; then get the best white wine vinegar, with cloves, mace, nutmeg, Jamaica pepper corns, and sliced ginger, boil all these, and pour it hot upon your walnuts, you must put a pint of brown mustard-seed ; when they are cold, put them into a jar, and stop them close.



OF MADE WINES.

Cowslip Wine.

To six gallons of water, put thirty pounds of Malaga raisins, boil your water two hours, and measure it out of your copper upon your raisins, which must be chopped small into a tub, let them work together ten days, stirring it several times a day ; at the end of that time strain it off, and press the raisins hard to get their strength, then take two spoonfuls of good ale yeast, and beat with it six ounces of syrup of lemons ; then put in three pecks of cowslips, by little and little, and let your ingredients work together three days, stirring it two or three times a day, and turn it up. Bottle it at four months end.

Mead wine.

To five quarts of honey, put sixty quarts of water, eighteen races of sliced ginger, and one handful of rosemary ; let them boil three hours and be scummed perpetually ; when it is cold put your yeast to it, and it will be fit to bottle in eight or ten days.

Gooseberry wine.

To every three pound of ripe gooseberries, put a pint of spring water unboiled : first bruise your fruit with your hands in a tub, then put the wa-

ter to them, stir them very well, and let them stand a whole day, and then strain them off; and to every pound of gooseberries, put a pint of water, and a pound of sugar dissolved, and let it stand 24 hours more, then scum the head clear off, and put the liquor into a vessel, and the scum into a flannel bag, and what drains from it put into the vessel; you must let it work two or three days before you stop it up, so let it stand four months before you bottle it, and if it be not clear when you draw it into bottles, let it stand in the bottles some time, then rack it into other bottles. When you draw from the cask, tap not too low.

Elder wine.

Take Malaga raisins, cut them small, stalks, stones and all, put them into a tub, pour over them water that has been boiled an hour; to every six pounds of raisins, put one gallon of water, pour it on hot and stir it well, and when it is cold, cover it with a cloth, and let it work together 10 or 12 days, stirring it 5 or 6 times a day, at the end of that time, strain the liquor from the raisins, squeeze them hard, and put to every gallon of liquor, one pint of the juice of elder. The best way to get the juice is to bake the berries in an earthen pot; let your liquor be cold when you put them together, stir it well, then turn it, and when it has done working, clay it up, and let it stand four or five months before you bottle it; in six weeks after it will be very ripe.

Raspberry wine.

Take ripe raspberries, bruise them with the back of a spoon, strain them, fill a bottle with the juice; stop it, but not very close, set it by 4 or 5 days; then pour off from the dregs, and

add thereto as much rhenish or white wine as the juice will colour, that done sweeten your wine with loaf sugar, and bottle it up for use.

To make currant wine.

Take your currants full ripe, strip them, and bruise them in a mortar, and to every gallon of pulp, put two quarts of water, first boiled and cold; you may put in some grapes if you please; let it stand in a tub to ferment, and then let it run through a hair sieve: let no person touch it, and let it take its time to run; and to every gallon of this liquor put two pounds and a half of white sugar; stir it well, and put it in your vessel, and to every gallon put a quart of the best rectified spirits of wine; let it stand six weeks and bottle it.

Raisin wine.

Put five pounds of Malaga or Belvidere raisins to a gallon of clear river water, steep them a fortnight, stirring them every day; then pour the liquor off, and squeeze the juice out of the raisins, and put both in a vessel that is just large enough to contain it, for it should be quite full; let the vessel stand till your wine has done hissing, or making the usual noise; you may add a pint of French brandy to every two gallons, then stop it up close, and when you find it fine, which you may know by pegging it, bottle it off.

If you chuse to have it red, put a gallon of alicant wine to every four gallon of raisin wine.

Black cherry wine.

Take three gallons of water, boil it an hour, bruise twelve pounds of black cherries, but do not break the stones; pour the water boiling hot on the cherries, stir the cherries very well in it,

and let it stand for 24 hours longer, then put it up in a clean cask, and stop it close; do not bottle it before you find it to be very fine.

To imitate cyprus wine.

Take nine quarts of the juice of white elderberries, which has been pressed gently from the berries with the hand, and passed through a sieve without bruising the kernels of the berries, to nine gallons of water, add to each gallon of liquor three pounds of Lisbon sugar, and to the whole quantity put an ounce and a half of ginger, sliced, and three quarters of an ounce of cloves; then boil it near an hour, taking off the scum as it rises, and pour the whole to cool in an open tub, and work it with ale yeast spread upon a toast of white bread for three days, and then turn it into a vessel that will just hold it, adding about a pound and a half of raisins of the sun split to lie in the liquor till you draw it off, which should not be till the wine is fine, which you find in January.

To keep gooseberries, damsons, bullace, plumbs, and cherries, in bottles.

Take gooseberries green, the other sorts before they be too ripe, put them in wide mouthed bottles; set them in a gentle oven till the skins change colour. When cold, cork them down tight, and melt some rosin on the top.

Rules to be Observed in MADE DISHES.

LET your stew-pans, sauce-pans, and covers be very clean, free from sand, and well tinned, and take care that all the white sauces have a little tartness, and be very smooth, of a fine thickness, and all the time any white sauce is over the fire, keep stirring it one way.

And as to brown sauce, take great care no fat swims at the top, but let it be all smooth alike, and about as thick as good cream, and not to taste of one thing more than another. As to pepper and salt, season to your palate, but do not put too much of either, for that will take away the fine flavour of every thing. As to most made dishes, you may put in what you think proper to enlarge it or make it good, as mushrooms pickled, dried, fresh, or powdered, trussles, morels, cocks' combs stewed, ox-palates cut in little bits, artichoke bottoms, either pickled, fresh boiled, or dried ones, softened in warm water, each cut into four pieces, asparagus tops, the yolks of eggs, force-meat balls, &c. The best things to give sauce a tartness, are mushroom pickle, white walnut pickle, lemon juice, or elder vinegar.

A Pig in Jelly.

Set on a stew-pan with a calf's foot split, and a quart of water ; let it stew gently a considerable time, then put in a small pig cut into quarters, at the same time put in the pig's feet, and add three or four blades of mace, and four cloves, a little grated lemon-peel, and some salt.

Let this do for some time over a slow fire, then put it in a pint of strong white wine, and the juice of four lemons : let it continue so long on the fire as will make it in the whole two hours.

Take the pig, and lay it handsomely in a dish.

Strain off the liquor and set it by to be cold, then take off the fat at the top, and the settling from the bottom, let the pig be cold also, then warm the jelly and pour it over the pig, and let it stand again to be cold ; serve up as a cold dish, garnished with fresh parsley and pieces of lemon cut small with the peel upon them.

A leg of Mutton a la Hautgoat

Hang it about twelve days in an airy place, then stuff it all over with cloves of garlic, rub it with pepper and salt; roast it, put some red wine and good gravy in the dish, and send it to table.

A Harrico of Mutton.

Cut a neck or loin of mutton into six or seven pieces, stew it till it is quite tender; in the mean time put in some turnips and carrots cut like dice, two dozen of chesnuts blanched, three lettuces cut small, five or six onions, a bunch of sweet herbs, pepper, salt, and two blades of mace; cover it and let it stew an hour, take off the fat and dish it up.

It is the best way to boil the roots separate, because carrots will take three times as much time as turnips; therefore some of the roots would boil to mash, before the others were half done.

A forced Leg of Lamb.

Cut a long slit out of the back-side of a leg of lamb; then chop the meat small, with eight ounces of beef suet, some marrow, oysters, an anchovy, an onion, some sweet herbs, lemon-peel, mace and nutmeg, beat all these together in a mortar, put it in the slit you cut, and stuff it in the same form it was before, sew it up, rub it with the yolks of eggs, spit it, flour it, lay it to the fire, and baste it with butter. It will take about an hour.

Fillet of Veal with Collops.

Cut what collops you want from a fillet of veal, then fill the udder with rich forcemeat, tie it round and roast it; lay the udder in the middle of the dish, and the collops, which must be done at the same time, round it, and send it up with gravy

and butter, garnishing the rim of the dish with lemon.

Pigeons in a hole.

Season your pigeons with beaten mace, pepper and salt; put in a little bit of butter in the belly, lay them in a dish, and pour a light batter all over them, made with a quart of milk and eggs, and four or five spoonfuls of flour; bake it, and send it to table. It is a very pretty dish.

A jugged hare.

Cut your hare into little pieces, lard them here and there with little slips of bacon, season them with a little pepper and salt, put them into an earthen jug, with a blade or two of mace, an onion stuck with cloves, and a bundle of sweet herbs: cover the jug or jar you do it in so close that nothing can get in; then set it in a pot of boiling water, keep the water boiling, and three hours will do it; then turn it out into the dish, and take out the onion and sweet herbs, and send it to table hot.

For making a-la-mode beef.

Cut a buttock of beef into pieces of about two pounds each, lard them, fry them brown, and put them into a pot just large enough to hold them; put in two quarts of broth, some sweet herbs, an onion, cloves, mace, nutmeg, pepper and salt; when done, cover it, and stew till tender, skim off the fat, put the meat in the dish, and strain the sauce over it. This dish may be served up either hot or cold, just as you like it.

A tongue and udder forced.

Boil your tongue and udder two hours, blanch the tongue, stick it with cloves, raise the udder and fill it with veal force-meat; first wash the inside with the yolk of an egg, then put in force-

meat, tie the ends close and put them in an oven; when enough have gravy in the dish, and sweet sauce in a cup. Some cooks roast them, and baste with butter, but I think they are best done in an oven.

For making veal rolls.

Lay some slices of veal on some slices of bacon of the same size, then lay a green force-meat upon that; then roll them, tie them and roast them, rub them with the yolks of eggs, flour them and baste them with butter. When they are enough lay them in a dish, and have ready some gravy, morels, trussles, and mushrooms; garnish with lemon.

Water Soakey.

Clean a parcel of very fine flounders, and cut the fins off; put them in a stew-pan with just water to cover them, sprinkle in a little bay salt, a bunch of parsley, boil them till they are enough, then send all up together in a deep dish, fish water, and parsley, and send parsley butter in a cup.

This seems a very insipid dish in the description, but there is something very pretty in the taste of small fish this way.

Ragooning Larks.

Draw a dozen of larks, having prepared them for the dressing, toss them up in melted bacon, with some trussles, some mushrooms, and the liver of a large fowl, adding sound spices, and an onion with about five cloves stuck in it; dredge it with flour, and moisten it with rich veal gravy.

Let it stand over the fire till properly wasted, then add to it an egg beat up in cream, and a spoonful of chopped parsley beat up among it.—When this is poured into a stew-pan, let it have a turn or two over the stove to thicken it, and

then take off the fat, squeeze in the juice of half a lemon, and serve it up. There is no way of eating larks that is all comparable to this.

To stew giblets with cloves.

Take two pair of giblets and clean them ; then prepare them for stewing in the following manner ; cut off the bill, and cut the head in two ; skin the feet, break the pinion bone in two, and then cut the liver in two, and the gizzard in four, then take the wind-pipe and cut that in two.

Put all into a pipkin, and pour in it three quarters of a pint of gravy, a bunch of sweet herbs, mace, a quarter of a nutmeg, and a little salt.

Peel an onion, and stick in it ten cloves, put this in among the rest, and set a pipkin over a very slow fire that it may not boil, but stew very gently, let it keep over this fire till it is done enough, then take out the onion and sweet herbs and pour all the rest into a dish, and serve it up.

Pigeon Dumplings.

Choose four very large young tame pigeons, season with pepper and salt, and put in the belly of each a little piece of butter.

Make a very good puff paste, and roll it out into four pieces, large enough to hold one pigeon in each ; roll it up, and tie it in a cloth that it may not break, and put them into a pot with a large quantity of broth.

Let them boil an hour and a half, then take them out.

Set on some good gravy in a sauce-pan, and thicken it up with some cullis, or else with a piece of butter rolled in flour.

Lay the dumplings handsome in a dish ; take care they do not break in taking out of the cloths, and pour the gravy over them.

Hashing partridges.

Pick and draw two brace of partridges, season them with pepper and salt inside and out, and split them, cover them with slices of bacon, and lay them down to roast.

Let them be about three parts done, then take them out and cut off the wings and legs, take off, all the meat, and mince it very well.

Pound the carcasses in a marble mortar, and put them in a stew-pan, with a little essence of ham, and let them warm a little, then strain this through a sieve.

Put the minced meat of the partridges into a small sauce-pan, pour the essence strained from the carcasses, and add to the juice of Seville orange and about half a tea-spoonful of juice of rocambole ; make all hot together, and serve it up in a small dish with toasted sippets.

Artichokes with cream.

Boil some artichokes till they are enough, then take them up, toss up the bottoms with butter in a stew-pan, and put in some cream, and with it a few chives and a bunch of parsley ; when it is enough, thicken the sauce with the yolks of eggs, add to it a little grated nutmeg and some stalks, and serve it up hot.

To make sausages

Take three pounds of pork, and the like quantity of pork suet, chop the pork very well with a chopping-knife before you put the suet to it, then chop your pork and suet together till it is very fine ; add to it the yolk of 12 eggs, a little grated white bread, a grated nutmeg, a little mace, a few cloves, a handful of sage shred small, pepper and salt to your taste, mix all these very well together, and then fill the guts with it

Beef Escarlot.

Take a flank of beef, take about two ounces of bay salt, half a pound of coarse sugar, and a pound of common salt; mix all together, and rub the beef, then lay it in an earthen pan, and turn it every day. Let it lie ten or twelve days in the pickle, then boil it. If you serve it hot, you may send with it pease pudding or cabbage; but it has a finer relish cold.

Veal Olives.

Put some slices of veal on some slices of fat bacon of the same size, and a slice of well seasoned force meat upon the veal, then roll them up single; roast & serve them up with stewed sorrel.

Beef Olives.

Cut a rump of beef into steaks, lay on some veal force meat, roll them, tie them once round with a hard knot, dip them in eggs, bread crumbs, grated nutmeg, pepper and salt; then roast them, have some good gravy thickened, some truffles, morels, and mushrooms; boil all together, and put into the dish.

Ducks-a-la-mode.

Take two ducks, cut them into quarters, fry them in butter a little brown, then pour out all the fat, and throw a little flour over them; add half a pint of good gravy, and a quarter of a pint of red wine, two shalots, an anchovy, a bunch of sweet herbs; cover them close, and let them stew half an hour; take out the herbs, scum off the fat, and let your sauce be as thick as cream. Send it to table, and garnish with lemon.

Asparagus pease.

Take the green part of a bundle of small grass,

cut to the size of green pease, throw them into cold water, and wash them clean; strain them off and throw them into a stew-pan of boiling water, boil them tender, strain them off, and put them into a stew-pan, with a piece of fresh butter, a faggot of sweet herbs, a little cinnamon, a lump of loaf sugar, some green mint chopped very fine, and a little flour, put your stew-pan over the stove, and keep them shaking; put a quarter of a pint of cream beat up with the yolk of an egg; shake till they thicken, and serve them with the crust of a French roll, toasted and buttered, and put under them.

A bashamal of lambs' ears.

Take eighteen lambs' ears, scalded clean from the wool, but not the skin off, wipe and singe them over a stove; then cut out the burs, and clip each ear in four places at the edge; put them in scalding water, with a little salt and lemon, boil them about five minutes, strain them off, put them into cold water; take a stew-pan, put in a piece of fresh butter, put it over a hot stove; when the butter rises, dust in a little flour, then put in a pint of good broth, with a piece of lean ham, six or eight onions, a faggot of sweet herbs; then put in the lambs' ears, let them boil gently, season them with salt, a little white pepper, three or four cloves, and a blade of mace: when they are boiled tender, take them out and wipe them clean; put them into a stew-pan, with some bashamal sauce; just boil them up, scum them, take off your stew-pan, squeeze in a little orange or lemon, serve them hot.

To make essence of ham.

Take off the fat of a ham, and cut the lean in slices, beat them well and lay them in the bottom

of a stew-pan with slices of carrots, parsnips, & onions; cover your pan, and set it over a gentle fire; let them stew till they begin to stick; then sprinkle a little flour and turn them: then moisten with broth & veal gravy; season them with three or four mushrooms, as many truffles, a whole leek, a clove of garlic. Put in some crusts of bread, and let them simmer over the fire for a quarter of an hour; strain and set away for use.

Any pork or ham does for this, that is well made

A toss-up of cold veal.

Cut some cold veal very thin, break a couple of eggs, throw away the whites, beat up the yolks, and mix with them by degrees, half a pint of milk with some nutmeg, add a little salt; put this to the veal with a spoonful of mushroom pickle, and a piece of butter, rolled in flour; set all over the fire together, and when it is hot enough and well thickened, pour it into the dish.

An excellent stuffing for a calve's heart.

Cut off the deaf ears and all the strings, then take a little fat bacon and winter savoury, a little onion and lemon-peel, salt, pepper, nutmeg, and grated bread; mix all these with butter, and wet them with an egg or two. The same stuffing does for veal.

For making rich caper sauce.

Drain some capers from their liquor, and cut them small; put them into a small sauce-pan with some essence of ham; sprinkle in a little pepper, let it boil up, then put in the capers, let it boil up again two or three times, then serve it hot.

The common way is, to mix capers with melted butter: but whoever has once tasted the French caper sauce, will have no relish for the greasy kind in common use.

To save the expence of essence of ham, our common ham sauce will do.

Dutch sauce for meat or fish.

Melt your butter with water and vinegar, and thicken with the yolks of a couple of eggs: put to it juice of lemon, and run it through a sieve.

A CORRECT LIST

Of every thing in season in every month in the year

JANUARY.

Fish. Carp, tench, perch, lamprey, eels, craw fish, cod, soles, flounders, plaice, turbot, thornback, skate, sturgeon, smelt, whittings, lobsters, crabs, prawns, oysters.

Meat. Beef, mutton, veal, house lamb, pork.

Poultry, &c. Pheasants, partridges, hares, rabbits, woodcocks, snipes, turkeys, capons, pullets, fowls, chickens, tame pigeons.

Roots, &c. Cabbage, savoys, cole-worts, sprouts, purple and white brocoli, spinage, cardoons, beets, parsley, sorrel, chervil, celery, endive, lettuces, cresses, mustard, rape, radishes, turnips, tarragon, mint, cucumbers, in hot-houses, thyme, savoury, pot-majeram, hyssop, sage, parsnips, carrots, potatoes, scorzoners, skirrets, salsifie.

Fruit. Apples, pears, nuts, almonds, services, medlers, grapes.

FEBRUARY.

Fish. Cod, soles, sturgeon, flounders, plaice, turbot, thornback, skate, whittings, smelts, lob-

sters, crabs, oysters, prawns, tench, perch, carp, eels, lampreys, craw-fish.

Meat. Beef, mutton, veal, house-lamb, pork.

Poultry, &c. Turkeys, capons, pullets, fowls, chickens, pigeons, pheasants, partridges, woodcocks, snipes, hares, tame rabbits.

Roots, &c. Cabbage, savoys, coleworts, sprouts, purple and white brocoli, cardoons, beets, parsley, chervil, endive, sorrel, celery, chard beets, lettuces, cresses, mustard, rape, radishes, turnips, tarragoons, mint, burnet, tansy, thyme, savoury, marjoram.

Fruit. Pears, apples, grapes.

MARCH.

Fish. Carp, tench, eels, mullets, soles, whittings, turbot, thornback, skate, plaice, flounders, lobsters, crabs, craw-fish, prawns.

Meat. Beef, mutton, veal, house-lamb, pork.

Poultry, &c. Turkeys, pullets, capons, fowls, chickens, ducklings, pigeons, tame rabbits.

Roots. Carrots, turnips, parsnips, Jerusalem artichokes, onions, garlic, shalots, coleworts, borecole, cabbages, savoys, spinage, brocoli, cardoons, beets, parsley, fennel, celery, endive, tansy, mushrooms, lettuces, chives, cresses, mustard, rape, radishes, turnips, tarragon mint, burnet, thyme, winter savoury, pot-marjoram, hyssop, cucumbers, kidney-beans.

Fruit. Pears, apples, forced strawberries.

APRIL.

Fish. Carp, chub, tench, trout, craw-fish, salmon, turbot, soles, skate, mullets, smelts, herrings, crabs, lobsters, prawns.

Meat. Beef, mutton, veal, lamb.

Poultry, &c. Pullets, fowls, chickens, ducklings, pigeons, rabbits, leverets.

Roots, &c. Coleworts, sprouts, brocoli, spinage, fennel, parsley, chervil, young onions, celery, endive, sorrel, burnet, tarragon, radishes; lettuces, all sorts of small sallad, thyme, all sorts of pot herbs.

Fruit. Apples, pears, forced cherries and apricots for tarts.

MAY.

Fish. Carp, tench, eels, trout, chub, salmon, soles, herrings, smelts, lobsters, craw-fish, crabs, prawns.

Meat. Beef, mutton, veal, lamb.

Poultry, &c. Pullets, fowls, chickens, rabbits, leverets.

Roots, &c. Early potatoes, carrots, turnips, raddishes, early cabbages, cauliflowers, artichokes, spinage, parsley, sorrel, barley, mint, purslane, fennel, lettuces, cresses, all sorts of sallad herbs, pease, beans, kidney beans, asparagus, tragopogon, cucumbers, &c.

Fruit. Pears, apples, strawberries, cherries, and melons, with green apricots, gooseberries, and currants for tarts.

JUNE.

Fish. Trout, carp, tench, pike, eels salmon, coles, turbot, mullets, mackarel, herrings, smelts, lobsters, craw-fish, prawns.

Meat. Beef, mutton, veal, lamb, buck venison.

Poultry, &c. Fowls, pullets, chickens, green

geese, ducklings, turkey poults, plovers, wheat ears, leverets, rabbits.

Roots, &c. Carrots, turnips, potatoes, parsnips, radishes, onions, beans, pease, asparagus, kidney-beans, artichokes, cucumbers, lettuce, spinage, parsley, purslane, rape, cresses, and all other small sallading, thyme, and all other sorts of pot-herbs.

Fruit, &c. Cherries, strawberries, gooseberries, currants, masculine, apricots, apples, pears, some peaches, nectarines, grapes, melons, pine-apples.

JULY.

Fish. Cod, haddock, mullet, mackarel, herrings, soles, plaice, flounders, skate, thorn-back, salmon, carp, tench, pike, eels, lobsters, prawns, crawfish.

Meat, &c. Beef, mutton, veal, lamb, buck-venison

Poultry, &c. Pullets, fowls, chickens, pigeons, green geese, ducklings, turkey poults, ducks, young partridges, pheasants, wheat-ears, plovers, leverets, rabbits.

Roots, &c. Carrots, turnips, potatoes, radishes, onions, garlic, recombale, scorzonera, salsifie mushrooms, cauliflowers, cabbages, sprouts, artichokes, celery, endive, finocha, chervil, sorrel, purslain, lettuce, cresses, all sorts of small sallad, herbs, mint, balm, thyme, all other pot herbs, pease, beans, kidney-beans.

Fruit, &c. Pears, apples, cherries, peaches, nectarines, plumbs, apricots, gooseberries, strawberries, raspberries, melons, pine-apples.

AUGUST.

Fisk. Cod, haddock, flounders, plaice, skate.

thornback, mullets, mackarel, herrings, pike, carp, eels, lobsters, craw-fish, prawns, oysters.

Meat. Beef, mutton, veal, lamb, buck-venison

Poultry, &c. Geese, turkies, poults, ducklings, leverets, rabbits, pigeons, pheasants, wild ducks, wheat-ears, plovers.

Roots, &c. Carrots, turnips, potatoes, radishes, onions, garlic, shalots, scorzonera, salsifie, pease, beans, kidney-beans, mushrooms, artichokes, cabbage, cauliflower, sprouts, beets, celery, endive, finocha, parsley, lettuce, all sorts of small salled, thyme, savoury, marjoram, all sorts of herbs.

Fruit, &c. Peaches, nectarines, plumbs, cherries, apples, pears, grapes, figs, filberts, mulberries, strawberries, gooseberries, currants, melons, pine-apples.

SEPTEMBER.

Fish, Cod, haddock, flounders, plaice, thornback, skate, soles, smelts, salmon, carp, tench, pike, lobsters, oysters. *Meat.* Beef, mutton, veal, lamb, pork, buck-venison.

Poultry. Geese, turkies, pullets, fowls, chickens, ducks, teal, pigeons, larks, hares, rabbits, pheasants, partridges.

Roots, &c. Carrots, turnips, potatoes, onions, leeks, garlic, shalots, scorzonera, salsifie, pease, beans, kidney-beans, mushrooms, artichokes, cabbage, cauliflower, sprouts, cardoons, celery, endive, parsley, finocha, lettuces, and all sorts of small sallads, chervil, sorrel, beets, thyme, and all sorts of soup herbs.

Fruit. Peaches, plumbs, apples, pears, grapes, walnuts, filberts, hazle-nuts, medlars, quinces, lazaroles, currants, morells, cherries, melons, pine-apples.

OCTOBER.

Fish. Dorees, holobets, bearbet, smelts, brills, gudgeons, pike, carp, tench, perch, salmon, trout, lobsters, cockles, muscles, oysters.

Meat. Beef, mutton, lamb, veal, pork, doe-venison.

Poultry, &c. Geese, turkies, pigeons, pullets, fowls, chickens, rabbits, wild-ducks, teals, widgeons, woodcocks, snipes, larks, dotterels, hares, pheasants, partridges.

Roots, &c. Cabbage, sprouts, cauliflowers, artichokes, carrots, parsnips, turnips, potatoes, skirrots, salsifie, scorzonera, leeks, shalots, garlic, recombale, celery, endive, cardoons, chervil, finocha, corn sallad, lettuce, all sorts of young sallad, thyme, savoury, all sorts of pot-herbs.

Fruit. Peaches, grapes, figs, medlers, services, quinces, black and white bullace, walnuts, filberts, hazle-nuts, pears, apples.

NOVEMBER.

Fish. Gurnets, dorees, holobets, bearbet, salmon, trout, smelts, carp, pike, tench, gudgeons, lobsters, oysters, cockles, muscles.

Meat. Beef, mutton, veal, house-lamb, doe-venison.

Poultry, &c. Geese, turkies, fowls, chickens, pullets, pigeons, wild-ducks, teals, widgeons, woodcocks, snipes, larks, dotterels, hares, rabbits, partridges, pheasants.

Roots, &c. Carrots, turnips, parsnips, potatoes, skirrot, salsifie, scorzonera, onions, leeks, shalots, recombale, Jerusalem, artichokes, cabbages, cauliflowers, savoy, sprouts, coleworts, spinage, chard, beets, cardoons, parsley, crèsses,

endive, chervil, lettuces, all sorts of small sallad herbs, thyme, and all other pot-herbs.

Fruit. Pears, apples, bullace, chesnuts; hazle-nuts, walnuts, medlers, services, grapes.

DECEMBER.

Fish. Turbot, gurnets, sturgeon, dorees, holobets, bearbet, smelts, cod, codlings, soles, carp, gudgeons, eels, cockles, muscles, oysters.

Meat. Beef, mutton, veal, house-lamb, pork, doe-venison.

Poultry, &c. Geese, turkeys, pullets, pigeons, capons, fowls, chickens, hares, rabbits, woodcocks, snipes, larks, wild ducks, teals, widgeons, dotterels, partridges, pheasants.

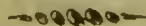
Roots, &c. Cabbages, savoys, purple and white brocoli, carrots, parsnips, turnips, potatoes, skirrets, scorzonera, salsifie, leeks, onions, shalots, garlic, recombole, celery, endive, beets, spinage, parsley, lettuces, cresses, all sorts of small sallad, cardoons, forced asparagus, thyme, all sorts of pot-herbs.

Fruit. Apples, pears, medlars, services, chesnuts, walnuts, hazle-nuts, grapes.

THE COMPLETE MARKET WOMAN,

BEING

The best Instructions for Marketing.



For chusing carp, tench, pike, salmon, barbel, whittings, eels, shads, smelts, &c.

BE careful to observe, that when they are fresh, the gills are of a bright red, the eyes bright and

full, and the flesh being stiff; but when stale, the gills are pale, the eyes sunk; and of a dull cast, and the flesh soft and clammy.

For chusing a turbot. When the flesh is plump and thick, the fins red, and the belly of a cream colour, then it is good: but when thin, and the belly of a bluish white it is otherwise.

For chusing pickled salmon. When it is new and good, the scales are stiff and shining, and the flesh is oily to the touch, and parts without crumbling.

For chusing herrings and mackerel. When new, their gills, are of a fine lively red, the eyes bight and full, the fish stiff, and the colours very bright and beautiful.

For chusing plaice, flounders, and dabs.—When new, they are stiff, their eyes looks full and lively; the thickest are always the best eating.

For chusing cod. The best are those which are thick towards the head, and the flesh when cut is very white.

For chusing soals. The best are stiff and thick, and of a cream colour on the belly.

For chusing lobsters. The weightiest are the best, but take care there be no water in them; and when fresh, the tail will fly up like a spring, and will be full of firm flesh.

For chusing poultry. A cock or capon, &c. When they are young, their spurs are short and dubbed; but be careful to observe, that they are not pared or scraped. When the hen is old, her legs and comb are rough; if young, smooth.

For chusing a turkey. The cock if he be young, his legs will be smooth and black, and his spurs short. Observe the same directions for

the hen, and if she be with egg, she will have a soft open vent, if not a hard close one.

For chusing a goose. When the bill is yellowish, and has but few hairs, it is young; but if full of hairs, and the bill and feet red, it is old. Ducks wild or tame, if fresh, limber footed; if stale dry footed. A true wild duck had a redish foot, smaller than the tame one.

For chusing a rabbit. When a rabbit is old the claws are very long and rough, and grey hairs intermixed with the wool; but if young, the claws and wool smooth; if stale, it will be limber, and the flesh will look bluish, having a kind of slime upon it; but if fresh it will be stiff, and the flesh white and dry,

For chusing pigeons, &c. The dove house pigeons when old are red legged; and when new and fat limber footed, and feel full in the vent, when stale their vents are green and flabby.

For chusing hams. Run a knife under the bone that sticks out of the ham, and if it comes out clean has a pretty good flavour it is good and sweet; if much smeared and dulled it is tainted and rusty.

For chusing bacon. When the fat is white, oily in feeling, and does not break or crumble, and the flesh sticks well to the bones, and bears a good colour, it is good; but if the contrary, and the lean has some streaks of yellow, it is rusty, or soon will be so.

For chusing beef. The right ox beef, if young, has an open grain, a tender and oily smoothness; if old, tough and spongy, except the neck; brisket, and such parts, which in young meat will be more tough than in any other parts. A sort of carnation colour betokens good spending meat,

and the suet a curious white, yellowish is not good.

Cow beef is closer grained than the ox, the fat whiter, but the lean is paler, and when young, the dent you make with your finger will rise presently.

The bull beef is closer grained, and of a deep dusky red; tough in pinching; the fat skinny and hard; has a rankish smell; and for newness or staleness, this flesh has but few signs, the most material is its clamminess, and the rest your smell will inform you. If it be bruised, some parts will look more dusky or blackish than the other.

For chusing veal. When the bloody vein in the shoulder is blue, or a bright red, it is stale. The loin first taints under the kidney: and the flesh, when stale, is soft and slimy. The breast and neck taint first at the upper end, and you may perceive a dusky yellow or greenish appearance; the sweet-bread on the breast will be clammy, otherwise it will be fresh and good. The leg, when new, is known by the stiffness of the joints; if limber, the flesh clammy, and as green or yellow spots, it is stale. The head is known as the limbs. The flesh of a bull-calf is redder and firmer than that of a cow-calf, and the fat harder.

For chusing pork. When young, if you nip the skin with your nails, it will make a dent; also, if the fat be soft and pulpy, in a manner like lard. When old, the lean is rough and spongy, especially if the rind be stubborn, and you cannot nip it with your nails. When you find many little kernels in the fat, like small shot, it is measley, and dangerous to eat.

For chusing Lamb. When you buy lamb

observe that in the fore quarter of the neck vein is of a sky blue, then it is sweet and good; but if inclining to green or yellow, it is almost, if not quite tainted. If the hind quarter has a faint smell under the kidney, and the knuckle be limber, it is stale.

For chusing mutton. Observe when it is old the flesh in pinching will wrinkle and remain so; when young the flesh will pinch tender, and the fat will part easily from the lean; but when old it will stick by skins and strings. The ewe mutton is paler than weather mutton, and is close grained; when the flesh is inclined to yellow, and is loose at the bone, it is commonly rotten, or inclining that way. To know whether it is new or stale, observe the directions for chusing lamb.

For chusing butter. When you buy butter, run a knife in the middle of it, and if your smell and taste is good, you cannot be deceived.

For chusing cheese. Choose it by its moist and smooth coat; if old cheese be rough coated, rugged, or dry at top, beware of little worms or mites. If it be all over full of holes, moist or spongy, it is subject to maggots. If any soft or perished place appears on the outside, try how deep it goes, for the greater part may be hid within.

For choosing eggs. To know a good egg, is to put the egg into a pan of cold water, the fresher it is, the sooner it will fall to the bottom; if rotten, it will not sink at all.

For keeping eggs good. Put them all with the small ends downwards in fine wood-ashes, turning them once a week end-ways, and they will keep some months.

THE PHYSICAL DIRECTORY.



For an Ague, by Dr. Mead.

TAKE a dram of powder of myrrh, mix it in a spoonful of sack, then take it, and drink a glass of sack after it : do this as near as possible an hour before the fits come on. Or take of Jesuit's bark half a dram six times a day.

For an Asthma. Take half a pint of tar-water twice a day ; or drink a pint of sea water every morning, or a spoonful of nettle juice, mixed with clarified honey, or sperma, cœti mixture, with milk of gum ammoniac.

Bleeding at the nose (to prevent.) Apply to the neck, behind and on each side, a cloth dipt in cold water, or wash the temples, nose and neck with vinegar.

Spitting blood. Take frequently a spoonful of the juice of nettle and plantain leaves, mixed and sweetened with sugar candy, or half a spoonful of Barbadoes tar on a lump of loaf sugar at night. It commonly cures at once. Take cooling physic twice a week.

Boils. Apply a little Venice turpentine ; or a plaister of honey and wheat flour.

Hard breasts. Apply turnips roasted till soft, then mashed and mixed with a little oil of roses. Change this twice a day, keeping the breast very warm with a flannel.

Sore breast, and swelled. Boil a handful of camomile and as much mallows in milk and water. Foment with it between two flannels as hot as

can be borne every twelve hours. It always dissolves any knob or swelling in any part.

A bruise. Apply a plaister of chopped parsley mixed with butter; or rub it with one spoonful of oil of turpentine, and two of neat's-foot oil.

To prevent swelling from a bruise. Immediately apply a cloth five or six times double, dipt in cold water, and new dip when it grows warm.

A burn or a scald. Immediately plunge the part into cold water, keep it in an hour, if not well before; or bathe the part affected with tincture of myrrh, or oil and parsley stamp'd together, or wash with lime water.

Chilblains (to prevent.) Wear flannel socks, and wash in urine night and morning.

Chilblains (to cure.) Apply salt and onions pounded together. If broke dress with Turner's cerate.

Chin cough, or whooping cough. Rub the back at lying down with old rum, it seldom fails; or give a spoonful of juice of penny-royal mixed with brown sugar candy, twice a day. Drink barley-water with figs and stick liquorice. Take manna twice or thrice a week.

Chopt hands (to prevent.) Wash them with flour of mustard.

Chopt hands (to cure.) Dissolve some mutton suet in warm water, and wash in it every morning and evening.

A cold. Drink a spoonful of honey, add a pint of water, or to one spoonful of oatmeal, and one spoonful of honey, add a piece of butter of the bigness of a nutmeg; pour on gradually near a pint of boiling water; drink this lying down in bed. Keep the body very open.

Cholic in children. Give a scruple of powdered anniseeds in their meat.

A consumption. Take no food but new butter-milk, churned in a bottle, and white bread. I have known this successful ; or, take a spoonful of syrrop of fox glove, morning and evening, or every morning cut up a little turf of fresh earth, and lying down, breathe into the hole for a quarter of an hour ; I have known a deep consumption cured thus : or take half a pint of scummed milk, put one spoonful of the best rum, sweetened with a little sugar, or sugar of roses ; take it in new milk, warm, lying in bed an hour after it ; and use for common drink eight parts water, three parts scummed milk, and one part rum, sweetened with a little sugar.

Convulsions. Take a tea-spoonful of Valerian root, powdered in a cup of water every evening ; or, half a dram of misselto powdered every six hours, drinking after it a draught of strong infusion thereof.

Corns (to cure.) Cleanse from earth the root and herb of house-leek ; crush it with your fingers, and apply it. Renew every three hours for twenty-four.

Costiveness. Breakfast twice a week or oftener, on water gruel with currants ; or, take the bigness of a large nutmeg of cream of tartar, mixed with honey, as often as you need.

Cough. Mix an ounce of linseed oil with an ounce of white sugar candy, powdered, and take a tea-spoonful whenever the cough comes : or make a hole through a lemon, and fill it with

honey. Roast it and catch the juice. Take a tea-spoonful of this frequently.

Consumptive Cough. Slit ten or twelve raisins of the sun, take out the stones, and fill them up with the small tender tops of rue. Take these every morning fasting two or three hours after.

A tickling cough. Drink water whitened with oatmeal four times a day, or, keep a piece of barley-sugar, or sugar-candy, constantly in your mouth.

A cut. Keep it close with your thumb a quarter of an hour; then double a rag five or six times dipped in cold water, and bind it on.

Deafness. Drop into the ear a tea-spoonful of salt water; or juice of ground ivy,

For a settled deafness. Take a red onion, pick out the core, fill up the place with oil of roasted almonds. Let it stand a night, then bruise and strain it. Drop three or four drops into the ear, morning and evening, and stop it with black wool.

A dropsy. Eat a crust of bread every morning fasting; or, take a spoonful of the juice of artichoke leaves, morning and evening; or three spoonfuls of the juice of leeks and elder leaves; or, take a spoonful of whole mustard seed night and morning, and drink on it half a pint of decoction of green broom tops. This works both by stool and urine.

The ear ache. Rub the ear hard for a quarter of an hour, or, blow the smoke of tobacco strongly into it.

Noise in the ears. Fill them with bruised hyssop.

An excellent eye-water. Heat half an ounce of

sapis calamanaris red hot, and quench it in half a pint of white wine, and as much white rose-water ; then pound it small and infuse it. Shake the bottle when you use it. It cures soreness, weakness, and most diseases of the eye.

The falling sickness. Take half a pint of the decoction of lignum guiacum, morning and evening ; or, take half a drachm of powdered misselto every six hours, drinking after it a strong infusion of misselto.

A fever. Drink a large glass of tar-water warm every hour.

A burning fever. Stamp a handful of the leaves of caprisolium ; put fair water into it, and use it cold as a clyster.

An intermitting fever. Drink warm lemon, add in the beginning of every fit ; or, take twenty drops of oil of sulphur in a cup of balm tea once or twice a day. Take the bark between the fits.

Gout in the stomach. Dissolve two drachms of Venice treacle in a glass of mountain. After drinking it go to bed.

The Gravel. Eat largely of radishes and onions ; or, drink plenty of warm water sweetened with honey ; take nitre, or turpentine drops, or frequent doses of manna.

The Hiccup. Swallow a mouthful of water, stopping the mouth and ears.

Hoarseness. Instead of supper, eat an apple roasted, and drink half a pint of water ; or, swallow slowly the juice of radishes ; or, take a spoonful of sage juice morning and evening.

The jaundice. Take as much as will lie on a shilling, of calcined egg-shells three mornings

fasting, and walk till you sweat ; or, half a pint of strong decoction of nettles. Take Castile soap dissolved in milk, and rubarb, to keep the body very open.

Itch. Wash the parts affected with a strong decoction of dock-root, for nine or ten days ; or anoint them with black soap ; or, steep a shirt half an hour in a quart of water, mixed with half an ounce of powdered brimstone ; dry it slowly, and wear it five or six days. Sometimes it needs repeating.

The king's evil. Take as much cream of tartar as will lie on a sixpence, every morning and evening.

The legs inflamed. Apply Fuller's earth spread on brown paper ; it seldom fails ; or, boiled turnips with mutton suet.

Legs sore or running. Wash them in brandy, and apply elder leaves, changing them twice a day.

Leprosy. Wash in the sea often and long, and drink the sea water.

Lethargy. Snuff strong vinegar up the nose.

Lice (to kill). Sprinkle Spanish snuff over the head : or, rub it with a very small quantity of mercurial ointment.

Menses (obstruction). Take a tea cup full of strong decoction of penny-royal every night at going to bed ; or, boil five large heads of hemp in a pint of water to half....strain it, and drink it going to bed two or three nights, it seldom fails : take care not to catch cold : or take thirty drops of elixir of aloes, night and morning.

Palsy. Use the cold bath if you are under

fifty, rubbing and sweating after it ; or shred white onions, and bake them gently in an earthen pan till they are soft. Spread a thick plaister of this, and apply it to the benumbed part, all over the side if need be ; or, apply a blister to the part affected, and take valerian drops.

Piles, (to prevent.) Wash the part often with cold water.

The Piles (to cure.) Apply a poultice of boiled brook lime, it seldoms fails ; or varnish. It perfectly cures both the blind and bleeding piles : or, apply a poultice of bread and milk, on a linnen cloth dipt in spirits of wine. If very large and troublesome, open with a lancet, or apply leeches : internally take brimstone and cream of tartar mixed with honey.

The inward Piles. Drink a spoonful of juice of leeks, three or four mornings : and take the brimstone and cream of tartar as above.

The pluerisy. Take out the core of an apple, fill it with white frankincence ; stop it close with the piece you cut out, and roast it in ashes—mash and eat it—If you bleed violent, take cooling physic, and put a blister on the side.

A prick or a cut that festers. Apply turpentine.

The quincy. Swallow juice or jelly of black currants, or decoction of the levites, or bark.

The rheumatism. Use the hot bath, with rubbing and sweating ; or, mix flour of brimstone with honey, in equal quantities ; take three teaspoonfuls at night, two in the morning, and one afterwards morning and evening, till cured ; or, as much flour of sulphur, washing it down with decoction of lignum guaiacum. Wear flannel

next the skin, and if very bad, apply a Burgundy pitch plaister.

A scald head. Anoint it with Barbadoes tar.

The sciatica. Use hot bathing, and rub the part with a flesh brush twice a day.

Shingles. Drink a pint of sea water every morning for a week; towards the close bathe also. Anoint the part with sugar of lead and pomatum mixed together.

A sore throat. Dip a biddon in hartshorn, and put it about the neck as you go to bed; or, rub the part affected with a mixture of oil and hartshorn. There should be double the quantity of hartshorn to that of oil.

A sprain. Bathe it in good crab-verjuice, Weakness remaining after a sprain, is cured by rubbing the part daily with brine.

Stitch in the side. Apply treacle spread hot upon a toast, and purge.

The stone (to prevent.) Beware of costiveness. Use no violent diuretics. Mead is a proper drink. In the fit, slice a large onion, pour half a pint of warm water upon it. After it has stood twelve hours, drink the water. Do this every morning till you are well.

In a raging fit. Beat onions into a pulp, and apply them as a poultice, part to the back and part to each groin. It gives speedy ease to the most racking pain. Take an oily mixture with laudanum.

The stone (to ease and cure.) Take morning and evening a tea spoonful of onions calcined into white ashes in white wine. An ounce will often dissolve the stone.

Stranguary. Drink largely of decoction of turnips sweetened with honey, into which dissolve nitre and gum arabic.

Swelled legs. Take wormwood, sothernwood, and rue, stamp them together, and fry them in honey, till they grow dry; then apply them as hot as you can bear.

A white swelling on the joints. Apply a poultice of wormwood fried in hog's lard.

To dissolve hard or white swellings. Take white roses, elder flowers, leaves of fox-glove, and of St. John's wort, a handful of each, mix them with hog's lard and make an ointment.

To fasten the teeth. Pour powdered allum, the quantity of a nutmeg, in a quart of spring water, for twenty-four hours. Then strain the water, gargle with it.

To cure the tooth ach. Chew the root of the yellow water flower de luce, or put into the hollow tooth a little cotton, dipt in Lucetellis's balsam or a drop or two of oil of cloves on cotton, or an opiate pill.

Vertigo, or swimming in the head, Take a vomit or two; or, drink morning and evening half a pint of decoction of primrose root. Take stomach bitters every day at noon.

A malignant ulcer. Apply juice of pimperial boiled with the herb.

Vomiting (to stop.) Apply a large onion slit, to the pit of the stomach; or, take a apoonful of lemon juice, and six grains of the salt of wormwood in two spoonfuls of common water, with three drops of laudanum every six or eight hours.

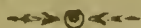
Warts. Rub them daily with a radish; or rub

them well with salt and fasting spittle every morning for a month, which will produce an infallible cure.

A whitlow. Apply a poultice of chewed bread. Shift once a day.

Worms. Take a glass of onion water: or take two tea-spoonful of worm seed mixed with treacle, for six mornings.

Wounds. Apply juice of powder of yarrow and dress with dry lint; or, digestive ointment; or, drying cerate, as occasion may require.



In cooking Fowl, or Flesh, or Fish,

Or any nice or dainty dish;

With care peruse this useful book,

'Twill make you soon a perfect cook.



FROM THE PRESS OF A. SWINDELLS.



To Stew Eels

Put your Eels into a Stew
Pan & cover them with gravy
an onion stuck with Cloves
& some Pepper Corns, a little
Vinegar & Port Wine to your
taste - stew the Eels till they
are done - then take them out
& strain ~~them~~ the Gravy, put
all together with a little more
Port Wine - Garnish with
toasted Breadcrumbs &
Horre Radishes -

To Brew

Have all your Tub,
extremely clean. —

Boil your Water, &
put as much boiling Water
into your Mash Tub as
is enough for your strong
Beer or Ale. Let this
Water stand in the Mash
Tub till you can see your
Face in it, ^{or 170° of heat,} and put your
Malt into the Mash Tub
slowly or by degrees stirring
it all the time. Then cover
up the Mash tub & if a small
quantity let it stand 3¹/₂ hours
if a large quantity 3 hours
before the 1st wort is drawn

drawn off - which do with
the cock only half turned
to let it run very slowly -
this first wort must run
out upon the hops, stir Hops
& wort well together, & pour
the whole again in the Boiler
which boil up for an hour
or two till quite clear & that
the Hops separate & sink.

Fill up the Barrels
with the boiling water. left in
the Boiler for them to be
well soaked with boiling water

For your second
mashing, put the water
boiling to the Grains after
drawing off the 1st wort
which must stand half
an hour before it is draw
off. —

For Beer that is to keep
a year $\frac{1}{2}$ lb of Hops to
a Bushel of Malt is a good
proportion for ^{strong ale} Beer that is
to keep a year — but a
pound $\frac{1}{2}$ of Hops to 3 Bushels
of Malt is ~~not~~ enough
for ale to be drank off
soon —

When you put in
your Barre min about
3 pints of Barre with 2 or
3 gallons of wort — the wort
at this time must be colder
than milk from the cow, or
or you to perceive the least
repulsive coldness in it.

Mix about 5 or 10 Gall
of wort with this first
Barre mixture about

between each mixture
and if the wort at last
is cold it does not signify
keep it covered while it
is working -

Skim off from the
Tubs all the working of the
Beer before you put it into
the Casks - & keep the Casks
filled up to the bung Hole as
it works off - which perhaps
may be for a week before
you fasten in the Bungs -

Two Quarts of Barre
will work any quantity of
Wort -

About half the quantity
of the boiled hops which
were first used will be
enough to boil up with
the second wort which also
must be boiled till clear &
the hops sink -

After the hops are
boiled enough as at the
first wort strain the whole
boiling through a Sieve

To Stew a Knuckle of Veal

Wash the veal very clean
cut it in large Pieces & put
it into a Jar with a wide Mouth
close the Jar well, & put it
into a Saucepan of cold water,
adding to it a Tea cup of ^{cold water} & sweet Herbs of all kinds

after it has stewed an
hour or two add a few Cloves
Common, & Cayenne Pepper Mace
& a little Nutmeg - Salt to
your taste - the rind & some
of the juice of a Lemon, also
a few Onions, & a little Saffron
The veal must be stewed till
tender which will take five
Hours, Before it is quite done

hour

pour off the Gravy into
a Pan - let it cool
sufficiently to skin off the
fat - then warm it up
in a stew Pan, thicken it
with a little Butter & flour.
lay the meat in a Dish
& garnish with forced Meat
Balls & Lemon -

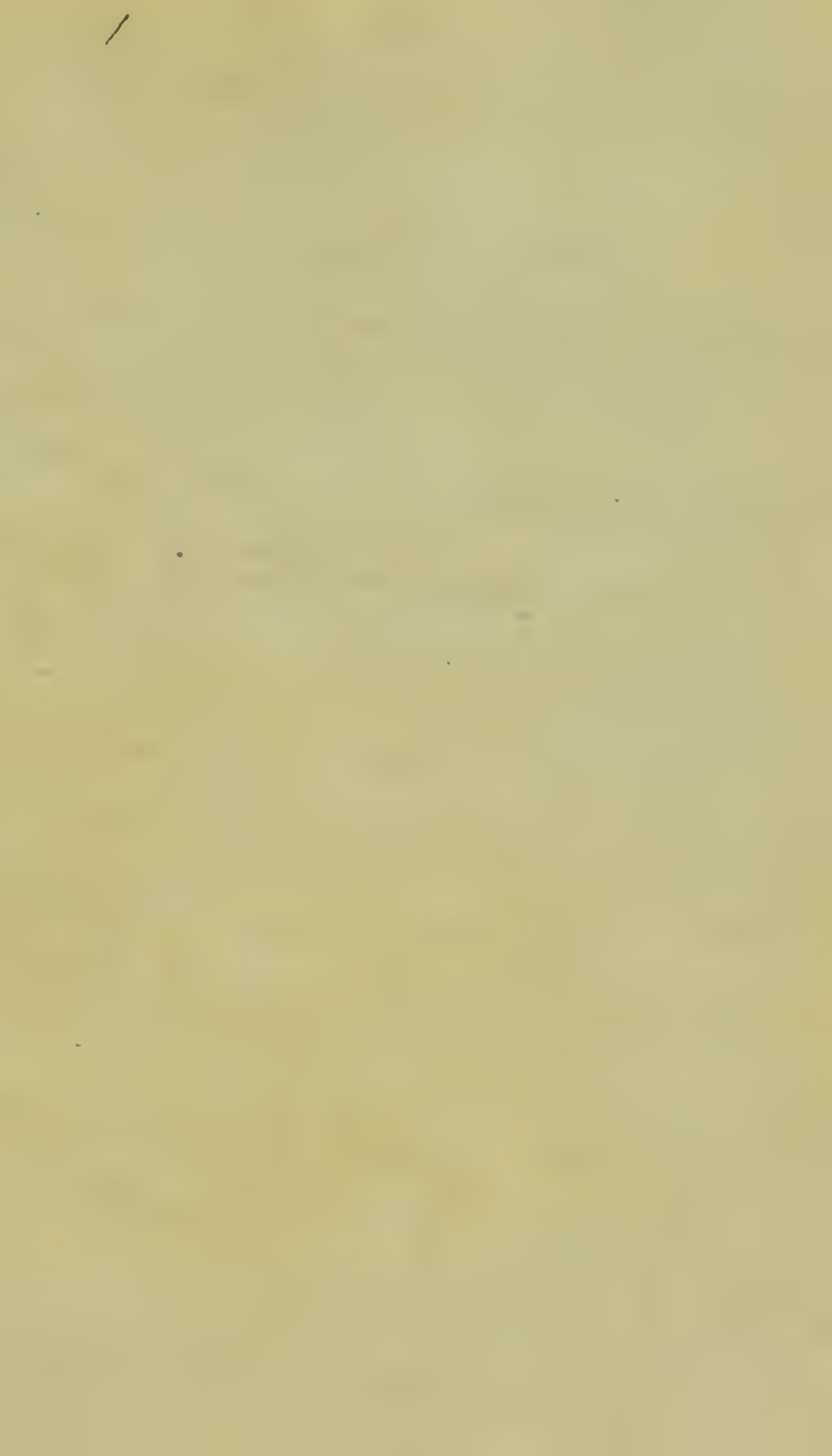
To make the Dish very
rich add a little white
Wine.

To Pickle Onions

from Bristol

Peel them & let them
lay one night in salt &
water - then drain them
quite dry & put them into
your jar Boil your
Vinegar & spices, & pour it
over the Onions quite hot. -

White Wine Vinegar Mace
sliced Ginger, white Pepper
Corns -



Remarks on Brewing
by Old James-Little

Mash Small Beer at 171°
of heat by the Thermometer
and Strong Beer Mash at 170°
Put the Barmin at 70°
+ put your Wort-together at 60°

Boil the 1st wort 1 hour
the 2nd wort 2 hours

Let the 1st wort stand at

170° of heat for 3 Hours
Second Mashing with
boiling water -

Strong Beer of 54 Gall^{ns} to the
Hogshed to have 5 Bushells
of Malt, & 5 lb of Hops.
Ale 4 Bushells to the Hogshed

and $2\frac{1}{2}$ lb of Hops to drink
off immediately - but $3\frac{1}{2}$
to keep -

1 Bushell of Malt makes
will make 15 Gall^s of Small Beer
with half a pound of Hops -

$3\frac{1}{2}$ Bushells of Malt to a Hopshead
& $2\frac{1}{2}$ lb of Hops to stand a
year -

3 Bushells will make 36 Gall^s

75 Gall^s of water Boils away
& wastes so as only to make
one Hopshead of Beer or 54 Gall^s



To make Walnut Catsup
from the receipt 1823

Pound a Peck of Walnuts
in a Mortar - Pour off the
juice, & let it stand one
day to settle - to a Pint
of juice one Pound of an-
chovies, one ounce of Shallots
set it over the fire - till
the anchovies are dissolved
strain it off clear, to
every Quart put a little Mace
Cloves, Clove in the Bottle
and boil some spice in
it with half a Pint of
Port Wine, half a Pint of
White Wine, & a little old
Ale & a quarter of a Pint of
vinegar

boil the whole together
a quarter of an hour
skimming it very well
when cold Bottle it.

Furniture Oil

One Quart of cold drawn
Linseed Oil -

Four Penny worth of Oil of
vitriol

Four Penny worth of Gum Arabic

Four Penny worth of red Sticks
of Lavender

Two Penny worth of Rose Pink

One Penny worth of Vinegar
to dissolve the Gum Arabic

in -
Clean the Furniture well first
with vinegar

Rub on the Varnish with
a cloth (about a Tablespoon) up
to a Yard Square of Mahogany
and rub dry with another
cloth -



























